



2025

Global Cultural Calendar



Heluna Health®



2025

January

CELEBRATE BY MONTH

- [National Braille Literacy Month](#)
- [Cervical Health Awareness Month](#)
- [National Stalking Awareness Month](#)
- [National Birth Defects Awareness Month](#)
- [National Slavery & Human Trafficking Prevention Month](#)

CELEBRATE BY DAY

- 01/01: [New Year's Day](#)
- 01/04: [World Braille Day](#)
- 01/06: [Dia de Los Santos Reyes \(Three Kings Day\)](#)
- 01/06: [Armenian Christmas](#)
- 01/07: [Orthodox Christmas Day](#)
- 01/12: [National Pharmacist Day](#)
- 01/13: [Korean American Day](#)
- 01/14: [Orthodox New Year](#)
- 01/19: [World Religion Day](#)
- 01/20: [Martin Luther King, Jr. Day](#)
- 01/21: [National Day of Racial Healing](#)
- 01/25: [Burns Nights](#)
- 01/27: [Holocaust Memorial Day](#)
- 01/29: [Lunar New Year](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Heluna Health Holiday	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Heluna Health Holiday	21	22	23	24	25
26	27	28	29	30	31	1



2025

February

CELEBRATE BY MONTH

[Black History Month](#)

[American Heart Month](#)

[National Cancer Prevention Month](#)

[International Prenatal Infection Prevention Month](#)

CELEBRATE BY DAY

02/02: [Dia de la Candelaria \(Presentation of Jesus at the temple\)](#)

02/04: [World Cancer Day](#)

02/06: [International Day of Zero Tolerance for Female Genital Mutilation](#)

02/07: [National Wear Red Day](#)

02/14: [Valentine's Day](#)

02/13: [Shrove Tuesday \(Mardi Gras\)](#)

02/17: [President's Day](#)

02/21: [International Mother Language Day](#)

02/24-02/28: [National Eating Disorders Awareness Week](#)

02/28-03/30: [Ramadan](#)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Heluna Health Holiday	18	19	20	21	22
23	24	25	26	27	28	1



2025

March

CELEBRATE BY MONTH

[Women's History Month](#)

[National Developmental Disabilities Awareness Month](#)

[National Multiple Sclerosis Education and Awareness Month](#)

[National Nutrition Month](#)

[National Colorectal Cancer Month](#)

[Gender Equality Month](#)

CELEBRATE BY DAY

03/05: [Equal Pay Day](#)

03/08: [International Women's Day](#)

03/10: [National Women and Girls HIV/AIDS Awareness Day](#)

03/10: [Harriet Tubman Day](#)

03/13-03/14: [Purim](#)

03/14: [Holi](#)

03/17: [St. Patrick's Day](#)

03/21: [World Down Syndrome Day](#)

03/21: [UN International Day for the Elimination of Racial Discrimination](#)

03/29-03/30: [Eid al-Fitr](#)

03/30: [Ramadan Ends](#)

03/30: [Doctor's Day](#)

03/31: [Transgender Day of Visibility](#)

03/31: [Cesar Chavez Day](#)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Heluna Health Holiday					



2025

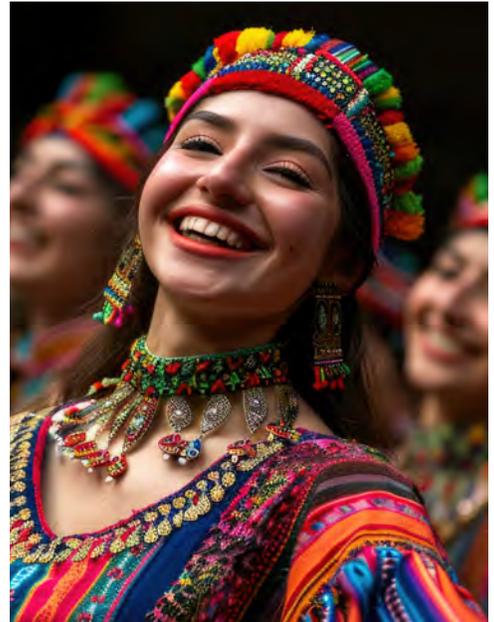
April

CELEBRATE BY MONTH

- [Arab American Heritage Month](#)
- [Autism Awareness Month](#)
- [National Child Abuse Prevention Month](#)
- [National Minority Health Month](#)
- [Armenian Heritage Month](#)
- [National Deaf History Month](#)
- [Sexual Assault Awareness Month](#)

CELEBRATE BY DAY

- 04/02: [World Autism Awareness Day](#)
- 04/04: [Tomb Sweeping Day \(Qingming Festival\)](#)
- 04/07-04/13: [National Public Health Week](#)
- 04/07: [World Health Day](#)
- 04/11: [National Day of Silence](#)
- 04/11-04/17: [Black Maternal Health Week](#)
- 04/12-04/20: [Passover](#)
- 04/13 - 04/19: [Holy Week](#)
- 04/15: [Jackie Robinson Day](#)
- 04/16: [Emancipation Day](#)
- 04/20: [Easter](#)
- 04/21-05/02: [Ridvan Festival](#)
- 04/22: [Earth Day](#)
- 04/23: [Administrative Professionals Day](#)
- 04/24: [Armenian Genocide Remembrance Day](#)
- 04/24: [Yom Hashoah \(Holocaust Remembrance Day\)](#)
- 04/24-04/26: [Native American Gathering of Nations](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3



2025

May

CELEBRATE BY MONTH

[Asian American and Pacific Islanders Heritage Month](#)

[Jewish Heritage Month](#)

[Haitian Heritage Month](#)

[Mental Health Awareness Month](#)

[Global Employee Health and Fitness Month](#)

CELEBRATE BY DAY

05/05: [Cinco de Mayo](#)

05/06: [Nurses Day](#)

05/10: [Mother's Day \(Mexico, El Salvador, Guatemala\)](#)

05/11: [Mother's Day](#)

05/17: [International Day Against Homophobia, Transphobia, and Biphobia](#)

05/21: [World Day of Cultural Diversity](#)

05/26: [Memorial Day](#)

05/31: [World No Tobacco Day](#)

05/31: [Dragon Boat Festival](#)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Heluna Health Holiday	27	28	29	30	31



Heluna Health®

2025

June

CELEBRATE BY MONTH

[LGBTQIA+ Pride Month](#)

[National Men's Health Month](#)

[National Caribbean American Heritage Month](#)

[National Immigrant Heritage Month](#)

CELEBRATE BY DAY

06/01-06/03: [Shavuot](#)

06/06-06/07: [Eid al-Adha](#)

06/08: [National Race Unity Day](#)

06/12: [Loving Day](#)

06/12: [Philippines Independence Day](#)

06/15: [Father's Day](#)

06/19: [Juneteenth](#)

06/20: [National Refugee Day](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 Heluna Health Holiday	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5



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July

CELEBRATE BY MONTH

[Social Wellness Month](#)

[National Minority Mental Health Awareness Month](#)

CELEBRATE BY DAY

07/04: [United States of America Independence Day](#)

07/05: [Ashura](#)

07/11: [World Population Day](#)

07/14: [Bastille Day](#)

07/18: [Nelson Mandela International Day](#)

07/20: [Colombian Independence Day](#)

07/26: [National Disability Independence Day](#)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

29	30	1	2	3	4 Heluna Health Holiday	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



Heluna Health®

2025

August

CELEBRATE BY MONTH

[National Immunization Awareness Month](#)

[National Breastfeeding Month](#)

CELEBRATE BY DAY

08/01-08/07: [World Breastfeeding Week](#)

08/03: [International Day of Friendship](#)

08/03-08/09: [National Health Center Week](#)

08/08-08/14: [Indigenous Milk Medicine Week](#)

08/09: [International Day of the World's Indigenous Peoples](#)

08/15-08/21: [Asian American Native Hawaiian and Pacific Islander Breastfeeding Week](#)

08/21: [National Senior Citizen Day](#)

08/23: [International Day of Remembrance of the Slave Trade and Its Abolition](#)

08/25-08/31: [Black Breastfeeding Week](#)

08/26: [Women's Equity Day](#)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Heluna Health®

2025

September

CELEBRATE BY MONTH

- [National Literacy Month](#)
- [Hispanic Heritage Month](#)
- [Healthy Aging Month](#)
- [National Suicide Prevention Month](#)
- [National Childhood Obesity Month](#)

CELEBRATE BY DAY

- 09/01: [Labor Day](#)
- 09/03 - 09/09: [Semana de la Lactancia Latina \(Latina/x Breastfeeding Week\)](#)
- 09/10: [World Suicide Prevention Day](#)
- 09/11: [Patriot Day](#)
- 09/11: [Enkutatash](#)
- 09/16: [El Grito de Independencia \(Mexican Independence Day\)](#)
- 09/18: [International Equal Pay Day](#)
- 09/20 - 09/26: [International Week of the Deaf](#)
- 09/21: [International Day of Peace](#)
- 09/22: [American Business Women's Day](#)
- 09/22-09/24: [Rosh Hashanah](#)
- 09/26: [Native American Day \(California/Nevada\)](#)
- 09/29: [World Heart Day](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Heluna Health Holiday	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4



2025

October

CELEBRATE BY MONTH

- [Global Diversity Awareness Month](#)
- [Bullying Prevention Month](#)
- [Domestic Violence Awareness Month](#)
- [Down Syndrome Awareness Month](#)
- [Filipino-American Heritage Month](#)
- [Italian-American Heritage Month](#)
- [LGBT History Month](#)
- [Polish-American Heritage Month](#)
- [Health Literacy Month](#)
- [Breast Cancer Awareness Month](#)
- [Pregnancy, Infant, and Child Loss Awareness Month](#)

CELEBRATE BY DAY

- 10/01: [International Day of Older Persons](#)
- 10/01-10/02: [Yom Kippur](#)
- 10/02: [International Day of Non-Violence](#)
- 10/06: [Mid-Autumn Festival](#)
- 10/06: [German-American Heritage Day](#)
- 10/10: [World Mental Health Day](#)
- 10/11: [National Coming Out Day](#)
- 10/13: [Indigenous Peoples' Day](#)
- 10/15: [National Latino AIDS Awareness Day](#)
- 10/16: [Boss's Day](#)
- 10/06-10/13: [Sukkot](#)
- 10/20: [Diwali](#)
- 10/31: [Halloween](#)
- 10/31-11/2: [Dia de los Muertos \(Day of the Dead\)](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13 Heluna Health Holiday	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1



Heluna Health®

2025

November

CELEBRATE BY MONTH

[American Diabetes Month](#)

[National Lung Cancer Awareness Month](#)

[National Family Caregivers Month](#)

[National American Indian/Alaska Native Heritage Month](#)

CELEBRATE BY DAY

11/01: [All Saints' Day](#)

11/02: [All Souls' Day](#)

11/11: [Veterans Day](#)

11/13: [World Kindness Day](#)

11/13-11/19: [Transgender Awareness Week](#)

11/14: [World Diabetes Day](#)

11/20: [Transgender Day of Remembrance](#)

11/22: [Lebanon Independence Day](#)

11/27: [National Family Health History Day](#)

11/27: [Thanksgiving](#)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11 Heluna Health Holiday	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Heluna Health Holiday	28 Heluna Health Holiday	29
30						



Heluna Health®

2025

December

CELEBRATE BY MONTH

[Universal Human Rights Month](#)

CELEBRATE BY DAY

12/01: [World AIDS Day](#)

12/03: [International Day of Persons with Disabilities](#)

12/02: [Giving Tuesday](#)

12/09: [International Day of Commemoration and Dignity of the Victims of the Crime of Genocide and of the Prevention of this Crime](#)

12/10: [Human Rights Day](#)

12/14-12/22: [Hanukkah](#)

12/18: [Arabic Language Day](#)

12/16-12/24: [Las Posadas](#)

12/21: [Yule](#)

12/24: [Noche Buena \(Christmas Eve\)](#)

12/25: [Christmas](#)

12/26: [Boxing Day](#)

12/26-01/01/2026: [Kwanzaa](#)

12/29: [Wounded Knee Day of Reflection](#)

12/31: [New Year's Eve](#)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Heluna Health Holiday	26	27
28	29	30	31	1	2	3

Healthy, Strong Communities for All

helunahealth.org

[@helunahealth](https://www.instagram.com/helunahealth)

