

Health Calendar 2026

Planning your 2026 Health & Wellness Calendar is easy!



Month	Special Days	Wellness Seminar Suggestions
JAN	Bell Let's Talk (January 24 2026) Blue Monday (January 19 2026) Dry January	Mind Health: Building Mental Resilience Energize Your Winter – Boost Your Mood & Vitality Cheers to Change: Knowing Your Limits
FEB	Preventative Health Awareness Month Heart Health Month RSI Awareness Day (Feb 28 2026)	Lifestyle Habits for Longevity & Healthspan Heart Disease: What You Need to Know and Do Ergonomics: Reducing RSI
MAR	Nutrition Month International Women's Day (March 8 2026) Brain Health Awareness Month	What Your Body is Telling You and How Diet can Address it Women's Health Maintaining a Healthy Brain
APR	World Health Day (April 7 2026) Stress Awareness Month Earth Day (April 22 2026)	Sitting Disease Stress, Anxiety and Depression The Natural Path to Wellness: Well-being with Nature
MAY	Mental Health Month World Meditation Day (May 21 2026) World Laughter Day (May 3 2026)	Mental Health and Social Media Meditation and You Life Balance and Happiness
JUN	National Health and Fitness Day (June 6 2026) Canadian Men's Health Month World Well-being Week (June 22 – 28 2026)	How to fit Exercise into Your Busy Life Breaking the Stigma: Understanding Men's Mental Health Whole Wellness: Mood, Food and Attitude
JULY	World Population Day (July 11 2026) National Injury Prevention Day (July 7 2026) World Friendship Day (July 30 2026)	Work in Progress: Becoming Your Best Self Personal Ergonomics Working Smarter: Productivity and Work-Life Enhancers
AUG	International Youth Day (August 12 2026) World Lung Cancer Day (August 1 2026) World Humanitarian Day (August 19 2026)	Nutrition and Healthy Aging Butt Out! Successful Smoking Cessation Caring for Yourself to Care for Others
SEPT	Terry Fox Run Day (September 13 2026) Arthritis Awareness Month Gender Equality Week (Sept 21 – 27 2026)	Walk this Way: The Benefits of Walking Functional Fitness Flu Prevention and Remedies
OCT	World Mental Health Day (October 10 2026) Healthy Workplace Month World Menopause Day (October 18 2026)	Mental Wellness at Work: Moving Beyond Stigma Managing Stress in the Workplace Menopause Nutrition
NOV	Diabetes Awareness Month "Movember" Financial Literacy Month	Diabetes Prevention Men's Health Healthy Eating on a Budget
DEC	International Volunteer Day (Dec 5 2026) Human Rights Day (December 10 2026) Happy Holidays	Optimal Mental Health – Community, Connection & Purpose A Healthy Holiday Season for your Body and Mind Holiday Eating Survival Guide

OTHER SERVICES TO COMPLEMENT SEMINARS

Fitness Classes (5 – 45 minutes) - Choose from Yoga, Stretch & Breathe, Guided Meditation, HIIT and more

Chair Massage – Ideal for health fairs, employee appreciation events and conferences with Registered Massage Therapists

Nutrition Consultations – One-on-one personal consultations in 20- to 60-minute individual bookings

GoodLife can also provide medical services such as Flu Clinics and Ask a Nurse – Ask for more details.

For more information, please email
workplacewellness@goodlifefitness.com

Please note: The information provided by GoodLife Workplace Wellness is educational in nature and not prescriptive. GoodLife does not accept liability for any health condition as a result of its educational material. It is the individual's responsibility to make educated decisions and create their own course of action.

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