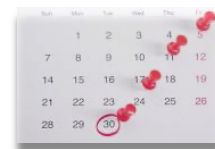


## Health Calendar 2026

Planning your 2026 Health & Wellness Calendar is easy!



Month	Special Days	Wellness Seminar Suggestions
<b>JAN</b>	Bell Let's Talk (January 24 2026) Financial Wellness Month Dry January	<b>Mind Health: Building Mental Resilience</b> <b>Healthy Eating on a Budget</b> <b>Cheers to Change: Knowing Your Limits</b>
<b>FEB</b>	Preventative Health Awareness Month Heart Health Month RSI Awareness Day (Feb 28 2026)	<b>Lifestyle Habits for Longevity &amp; Healthspan</b> <b>Heart Disease: What You Need to Know and Do</b> <b>Ergonomics: Reducing RSI</b>
<b>MAR</b>	Nutrition Month International Women's Day (March 8 2026) Brain Health Awareness Month	<b>What Your Body is Telling You and How Diet can Address it</b> <b>Women's Health</b> <b>Maintaining a Healthy Brain</b>
<b>APR</b>	World Health Day (April 7 2026) Stress Awareness Month Earth Day (April 22 2026)	<b>Sitting Disease</b> <b>Stress, Anxiety and Depression</b> <b>The Natural Path to Wellness: Well-being with Nature</b>
<b>MAY</b>	Mental Health Month World Meditation Day (May 21 2026) World Laughter Day (May 3 2026)	<b>Mental Health and Social Media</b> <b>Meditation and You</b> <b>Life Balance and Happiness</b>
<b>JUN</b>	National Health and Fitness Day (June 6 2026) Canadian Men's Health Month World Well-being Week (June 23 <sup>rd</sup> – 28 <sup>th</sup> 2026)	<b>How to fit Exercise into Your Busy Life</b> <b>Breaking the Stigma: Understanding Men's Mental Health</b> <b>Whole Wellness: Mood, Food and Attitude</b>
<b>JULY</b>	World Population Day (July 11 2026) National Injury Prevention Day (July 5 2026) World Friendship Day (July 30 2026)	<b>Work in Progress: Becoming Your Best Self</b> <b>Personal Ergonomics</b> <b>Working Smarter: Productivity and Work-Life Enhancers</b>
<b>AUG</b>	International Youth Day (August 12 2026) World Lung Cancer Day World Humanitarian Day (August 19 2026)	<b>Nutrition and Healthy Aging</b> <b>Butt Out! Successful Smoking Cessation</b> <b>Caring for Yourself to Care for Others</b>
<b>SEPT</b>	Terry Fox Day (September 15 2026) Arthritis Awareness Month Gender Equality Week (Sept 21 – 27 2026)	<b>Walk this Way: The Benefits of Walking</b> <b>Functional Fitness</b> <b>Flu Prevention and Remedies</b>
<b>OCT</b>	World Mental Health Day (October 10 2026) Healthy Workplace Month World Menopause Day (October 18 2026)	<b>Mental Wellness at Work: Moving Beyond Stigma</b> <b>Managing Stress in the Workplace</b> <b>Menopause Nutrition</b>
<b>NOV</b>	Diabetes Awareness Month "Movember" National Pain Awareness Week (Nov 2 – 8 2026)	<b>Diabetes Prevention</b> <b>Men's Health</b> <b>Inflammation and Pain Management</b>
<b>DEC</b>	International Volunteer Day (Dec 5 2026) Human Rights Day (December 10 2026) Happy Holidays	<b>Optimal Mental Health – Community, Connection &amp; Purpose</b> <b>A Healthy Holiday Season for your Body and Mind</b> <b>Holiday Eating Survival Guide</b>

## 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  
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