

## 2026 Content Calendar

Each month, our content will be distributed via member, program administrator, and people manager newsletters. You'll find our monthly themes below and a list of important national and international health and wellness-related dates that may help you plan specific events and content around various recognition days.\*

Every month will feature written content surrounding the theme and an "Ask an Expert" webinar event for you to promote to your employees and keep workplace well-being top of mind.

MONTH	THEME	IMPORTANT DATES & THEMES
<b>JANUARY</b>	Navigating a Challenging Work Situation	<ul style="list-style-type: none"> <li>Alzheimers Awareness Month</li> <li>Blue Monday (19)</li> </ul>
<b>FEBRUARY</b>	Workplace Ergonomics: Preventing Injuries Before They Happen	<ul style="list-style-type: none"> <li>Hearth Health Month</li> <li>Psychology Month</li> <li>World Cancer Day (4)</li> <li>International Childhood Cancer Day (15)</li> </ul>
<b>MARCH</b>	Sleep and Stress	<ul style="list-style-type: none"> <li>Brain Health Awareness Month</li> <li>Nutrition Month</li> <li>International Women's Day (8)</li> <li>World Sleep Day (13)</li> <li>Purple Day in support of epilepsy awareness(26)</li> </ul>
<b>APRIL</b>	The Mental Health Impacts of Navigating Infertility	<ul style="list-style-type: none"> <li>IBS Awareness Month</li> <li>Parkinson's Awareness Month</li> <li>Sexual Assault Awareness Month</li> <li>World Autism Awareness Day (2)</li> <li>World Health Day (7)</li> <li>National Infertility Awareness Week (19-25)</li> <li>Earth Day (22)</li> <li>World Immunization Week (24-30)</li> <li>National Day of Mourning (28)</li> </ul>
<b>MAY</b>	Building Better Relationships at Work	<ul style="list-style-type: none"> <li>Celiac Disease Awareness Month</li> <li>Vision Health Month</li> <li>International Nurses Day (12)</li> <li>World Hypertension Day (17)</li> <li>World No Tobacco Day (31)</li> </ul>

MONTH	THEME	IMPORTANT DATES & THEMES
<b>JUNE</b>	Managing Chronic Conditions	<ul style="list-style-type: none"> <li>• Pride Month</li> <li>• Migraine Awareness Month</li> <li>• Brain Injury Awareness Month</li> <li>• Action Anxiety Day (10)</li> <li>• World Blood Donor Day (14)</li> <li>• World Elder Abuse Awareness Day (15)</li> <li>• National Meditation Day (21)</li> <li>• PTSD Awareness Day (27)</li> </ul>
<b>JULY</b>	Burnout in the Body	<ul style="list-style-type: none"> <li>• National Injury Prevention Day (5)</li> <li>• International Self-Care Day (24)</li> </ul>
<b>AUGUST</b>	Nutrition on a Budget	<ul style="list-style-type: none"> <li>• World Humanitarian Day (19)</li> <li>• International Overdose Awareness Day (31)</li> </ul>
<b>SEPTEMBER</b>	Returning to Work After a Disability Leave	<ul style="list-style-type: none"> <li>• Arthritis Awareness Month</li> <li>• World Alzheimer's Month</li> <li>• International Pain Awareness Month</li> <li>• World Suicide Prevention Day (10)</li> <li>• Terry Fox Run (14)</li> <li>• Orange Shirt Day (30)</li> </ul>
<b>OCTOBER</b>	Anxiety in the Workplace	<ul style="list-style-type: none"> <li>• Occupational Therapy Month</li> <li>• ADHD Awareness Month</li> <li>• World Mental Health Day (10)</li> <li>• World Spine Day (16)</li> <li>• Invisible Disabilities Week (19-25)</li> </ul>
<b>NOVEMBER</b>	Managing Finances After an Unexpected Setback	<ul style="list-style-type: none"> <li>• Financial Literacy Month</li> <li>• Indigenous Disability Awareness Month</li> <li>• National Domestic Violence Awareness Month</li> <li>• Movember</li> <li>• Nurse Practitioner Week (9-15)</li> <li>• World Diabetes Day (14)</li> </ul>
<b>DECEMBER</b>	Navigating Grief During the Holidays	<ul style="list-style-type: none"> <li>• World AIDS Day (1)</li> <li>• International Day of Persons with Disabilities (3)</li> <li>• International Volunteer Day (5)</li> <li>• Human Rights Day (10)</li> </ul>

\*If the recognition dates for 2026 change once new information is released, you will receive an updated calendar.