

Health and Wellbeing Calendar Q3 2026

This calendar highlights our Health and Wellbeing content for Q3.

It's packed with webinars, blogs, awareness materials and resources, designed to support you and engage and empower your employees.

JUL

Summer Skin Protection



Member webinar:
**Circle Health: Protecting your skin
this Summer**
22nd July 12pm
[Register here](#)

Seasonal Allergies and Health



Blog:
[Managing seasonal allergies: Simple ways
to reduce impact on your workforce](#)

AUG

Mental Health: International Youth Day



Blog:
[Top tips to attract and retain more
Gen Z employees](#)

Managing Musculoskeletal Health



Member blog:
[Back and neck pain at work: How to stay
comfortable at your desk](#)



Webinar:
**Phio: The power of early support for
aches and pains**
20th August 11am
[Register here](#)

SEP

Urology Awareness



Blog:
**Urology health: Why early
conversations matter to your team**
[Coming soon](#)

National Fitness Day 23rd September



Member poster:
[National Fitness Day.](#)



Blog:
**How to support the musculoskeletal
health of your team**
[Coming soon](#)