

Health and Wellbeing Calendar Q4 2026

This calendar highlights our Health and Wellbeing content for Q4.

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

OCT

Breast Cancer Awareness Month



Member webinar:
Perci Health: Breast Cancer Awareness:
Understanding Risk in Women and Men
15th October 11am [Register here](#)



Member blog:
[Supporting your employees through breast cancer: An employers guide](#)

World Mental Health Day

October 10



Blog:
[Emotional wellbeing: 5 practical ways business leaders can support their people](#)



Member poster:
[5 ways to support your emotional wellbeing](#)

NOV

Men's Health Awareness Month



Member video:
Expert insight from a Consultant Urological Surgeon [coming soon](#)



Blog:
[Why men's health matters in the workplace](#)

World Diabetes Day

November 14



Member video:
[World Diabetes Day with Teladoc Health](#)



Member poster:
[Diabetes: Why early diagnosis matters](#)



Member blog:
[Coming soon](#)

DEC

National Grief Awareness Week

December 2 - December 8



Blog:
[Creating a compassionate workplace: Supporting employees through grief](#)



Member poster:
[Understanding grief, finding support](#)

Winter wellness



Member blog:
[Coming soon](#)



Member poster:
[Coming soon](#)