

Health and Wellbeing Calendar 2026: Q1

Our Q1 content is packed with webinars, blogs, awareness materials and resources, designed to support you and engage and empower your people.

JAN

Alcohol Change Awareness Month

 Blog: [Helping your people build healthier habits](#)

 Member webinar: [New Year, Healthier You: Building Habits That Last](#)
In partnership with Teladoc
Date: Thursday 22nd January

Cervical Cancer Awareness Month

 Blog: [Cervical cancer: Key insights every employer should understand](#)

 Member brochure: [Guide to Cervical Cancer: Symptoms and prevention](#)
In partnership with Perci Health

FEB

World Cancer Day

4th February

 Blog: [Redefining cancer support with Perci Health](#)
In partnership with Perci Health

 Video: [Enhancing your cancer care within a healthcare trust](#)
In partnership with Perci Health

Heart Health Month

 Blog: [Heart health at work: Practical steps to protect your people](#)

 Member poster: [Heart Health Month](#)

MAR

International Womens Day

8th March

 Member webinar: [Fuel & rest: Optimising nutrition and sleep for women's health](#)
In partnership with Syrona Health
Save the date: Thursday 5th March

Prostate Cancer Awareness Month

 Blog: [Prostate cancer screening: What leaders need to know to support early action](#)

 Member poster: [Symptoms to discuss with your GP](#)
In partnership with Perci Health

Nutrition and hydration week

16th to 22nd March

 Blog: [Fuel your team: How better nutrition and hydration boost wellbeing](#)