

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](#)