

Health and Wellbeing Calendar 2026



Building a healthier 2026

How to use our Health and Wellbeing Calendar

We've created this planner to help you share the right health information at the right time. It brings key awareness dates and practical resources together in one place so you can plan easily.

Use it to:

- Highlight topics your people need to know about
- Share simple actions that support everyday wellbeing
- Run focused campaigns that spark real engagement

Whether you follow our themes or plan by season, we'll be updating this calendar throughout the year to provide clear, ready-to-use content to strengthen your wellbeing strategy.



Health and Wellbeing Calendar 2026

This calendar highlights our wellbeing themes for the year.
It's packed with webinars, blogs, awareness materials and resources, designed to inform, engage and empower your employees.

JAN Alcohol Change Awareness Month: Healthy Habits Cervical Cancer Awareness Month	FEB Heart Health: National Wear Red Day World Cancer Day	MAR International Women's Day Prostate Cancer Awareness Month Nutrition & Hydration Week	APR World Autism Awareness Day Stress Awareness Month	MAY Mental Health Awareness Month	JUN World Infertility Awareness Month Pride Month
JUL Embracing Neurodiversity Seasonal Allergies and Health	AUG Mental Health: International Youth Day Managing Musculoskeletal Health	SEP Urology Awareness Month World Suicide Prevention Day National Fitness Day	OCT Breast Cancer Awareness Month World Mental Health Day World Menopause Day	NOV Men's Health Awareness Month Movember World Diabetes Day	DEC National Grief Awareness Week Winter Wellness and Physical Health

Click to navigate 



Mental Health



Inclusion and Diversity



Cancer



Musculoskeletal Health



Lifestyle and Nutrition



Women's Health



Men's Health

Health and Wellbeing Calendar 2026



Mental Health

Mental health is essential to a healthy, productive workplace.

We've selected key dates that help you raise awareness and give your people the support they need.

April

Stress Awareness Month

 Video:
Stress Awareness Month

 Blog:
Stress at work: How to help your people build healthier coping habits

May

Mental Health Awareness Month

 Webinar:
Mental Health Awareness Month

 Blog:
Mental health statistics we should all be aware of

12th August

Mental Health: International Youth Day

 Blog:
Top tips to attract and retain more Gen Z employees

10th September

World Suicide Prevention Day

 Video:
The role of employers in suicide prevention

10th October

World Mental Health Day

 Blog:
Navigating a mental health crisis in the workplace

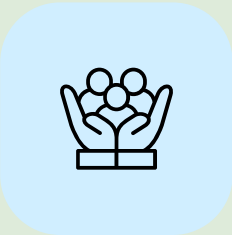
 Poster:
World Mental Health Day

2nd to 8th December

National Grief Awareness Week

 Blog:
Creating a compassionate workplace: Supporting employees through grief

Health and Wellbeing Calendar 2026



Inclusivity and Diversity

Inclusive wellbeing gives everyone access to the support they need. We've highlighted awareness dates that help you celebrate diversity and create a workplace where people feel understood.

2nd April

World Autism Awareness Day

 Blog:
Autism awareness: Simple ways to be more inclusive

June

Pride Month

 Blog:
LGBTQ+ at work: Creating an inclusive workplace

 Blog:
Your guide to understanding gender identity terms

 Blog:
Inclusive healthcare supporting gender-diverse employees

July

Embracing Neurodiversity

 Blog:
How to create an inclusive environment to support neurodiversity

 Poster:
Embracing Neurodiversity

Health and Wellbeing Calendar 2026



Cancer

Cancer affects many employees, either directly or through someone they love. We've included key awareness dates to help you encourage early action and provide supportive, reliable information.

January

Cervical Cancer Awareness Month

-  Poster: Top tips for cervical screening
-  Blog: Cervical cancer: Key insights every employer should understand

4th February

World Cancer Day

-  Blog: Investing in the future of cancer care
-  Video: Enhancing your cancer care within a healthcare trust

March

Prostate Cancer Awareness Month

-  Blog: Prostate cancer screening: What leaders need to know to support early action
-  Poster: Symptoms to discuss with your GP

October

Breast Cancer Awareness Month

-  Webinar: Breast Cancer Awareness
-  Blog: Breast cancer toolkit

Health and Wellbeing Calendar 2026



Musculoskeletal Health

MSK issues are a major cause of discomfort and absence at work. We've highlighted key moments in the year to help you promote movement, prevent pain and keep your people feeling well.

August

Managing MSK Health

-  Blog:
Practical steps to reduce pain and boost mobility at work
-  Webinar:
Managing MSK health

September

National Fitness Day

-  Poster:
National Fitness Day
-  Blog:
How to support the musculoskeletal health of your team

December

MSK: Winter Wellness

-  Leaflet:
Fitness discounts including gym, classes and clothing
-  Blog:
Supporting employee wellbeing through the winter months

Health and Wellbeing Calendar 2026



Lifestyle and Nutrition

Healthy habits make a real difference to energy, resilience and long-term wellbeing. We've chosen the most relevant dates to help you share simple steps your people can take every day.

January

Alcohol Change Awareness Month: Healthy Habits



Article:
Helping your people build healthier habits

6th February

Heart Health: National Wear Red Day



Blog:
Heart health at work: Practical steps to protect your people



Poster:
National Wear Red Day

16th to 22nd March

Nutrition and Hydration Week



Blog:
Fuel your team: How better nutrition and hydration boost wellbeing

July

Seasonal Allergies and Health



Blog:
Managing seasonal allergies: Simple ways to reduce impact on your workforce



Video:
How to manage your allergies

14th November

World Diabetes Day



Blog:
Managing diabetes in the workplace



Poster:
World Diabetes Day

Health and Wellbeing Calendar 2026



Women's Health

Women's health needs can affect quality of life, mental health and attendance at work. We've selected important dates to help you open conversations and offer practical, inclusive support.

January

Cervical Cancer Awareness Month



Poster:
Top tips for cervical screening



Blog:
Cervical cancer: Key insights every employer should understand

8th March

International Women's Day



Webinar:
Fuel & rest: Optimising nutrition and sleep for women's health

June

World Infertility Awareness Month



Blog:
Fertility support in the workplace: What every employer should know



Insight report:
Fertility treatment and how employers can provide support

18th October

World Menopause Day



Blog:
Spotlight on menopause: Creating a supportive workplace

October

Breast Cancer Awareness Month



Webinar:
Breast Cancer Awareness



Blog:
Breast cancer awareness: A practical toolkit for HR and managers

Health and Wellbeing Calendar 2026



Men's Health

Men often delay seeking help, especially at work. We've chosen key points in the year to encourage earlier conversations and promote proactive health habits.

March

Prostate Cancer Awareness Month



Blog:
Prostate cancer screening: What leaders need to know to support early action



Poster:
Symptoms to discuss with your GP

September

Urology Awareness Month



Blog:
Urology health: Why early conversations matter to your team

10th September

World Suicide Prevention Day



Video:
The role of employers in suicide prevention

November

Men's Health Awareness Month



Blog:
How employers can promote preventative health checks for men



Blog:
Why men's health matters in the workplace

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