

# 2026 Health & Wellbeing Calendar



January

## Start 2026 Strong

Set energising goals that spark motivation for the year ahead.



February

## Love Your Heart

Move, nourish, unwind for a healthier heart.

WEBINAR



March

## Creating Healthy Habits

Build small daily habits that lead to long lasting change.



April

## Mental Fitness

Strengthen your mindset to stay calm, focused, and balanced.



May

## Benefits of Strength

Feel stronger with strength training to support everyday function.

WEBINAR



June

## Mid Year Health Check In

Learn more about preventative care health strategies.

WEBINAR



July

## Winter Wellness

Staying strong through the colder months



August

## Sleep for Better Living

Elevate your health with better sleep, balance and routine.

WEBINAR



September

## Everyday Nutrition

Fuel your body with simple, seasonal, nourishing choices.



October

## Functional Movement

Move smarter with everyday activities for greater strength.

WEBINAR



November

## Rest & Recovery

Recharge your body and mind, finishing the year strong.

WEBINAR



December

## Family Wellness

Celebrate connection, movement and meaningful moments together.

