



#1 Provider In Corporate  
Wellness Sessions

# 2026 Wellness Calendar

[1-Click To Add All Dates To Calendar](#) 

## January

**All month:** National Mentoring Month  
**3:** International Mind-Body Wellness Day  
**19:** MLK Day  
**21:** Bell Let's Talk Day (Canada)

## February

**All month:** Black History Month, American Heart Month  
**4:** World Cancer Day  
**6:** National Wear Red Day  
**8-14:** Random Acts of Kindness Week  
**14:** Valentine's Day  
**20:** Caregivers Day

## March

**All month:** Nutrition Month  
**6:** Employee Appreciation Day  
**8:** International Women's Day  
**13:** World Sleep Day  
**17:** St. Patrick's Day  
**20:** Day of Happiness  
**31:** Transgender Day of Visibility

## April

**All month:** Stress Awareness Month, Alcohol Awareness Month  
**7:** World Health Day  
**22:** Earth Day  
**22:** National Admin Professionals Day  
**28:** World Day for Safety & Health at Work

## May

**All month:** Mental Health Awareness Month, Employee Health & Fitness Month  
**10:** Mother's Day  
**11-17:** Mental Health Awareness Week  
**13:** National Receptionist Day  
**21:** World Meditation Day  
**25:** Memorial Day

## June

**All month:** Pride Month, PTSD Awareness Month, Men's Health Month, National Safety Month  
**5:** World Environment Day  
**10:** Action Anxiety Day (Canada)  
**19:** Juneteenth  
**21:** Father's Day, International Yoga Day

## July

**All month:** Social Wellness Month, Minority Mental Health Awareness Month  
**1:** Canada Day  
**4:** US Independence Day  
**24:** International Self-Care Day

## August

**All month:** National Wellness Month  
**12:** International Youth Day  
**15:** International Relaxation Day  
**Late Aug:** Back-to-School Season  
**26:** Women's Equality Day

## September

**All month:** Self-Care Awareness Month, Suicide Prevention Month, Healthy Aging Month, Pain Awareness Month  
**7:** Labor Day  
**10:** Suicide Prevention Day  
**21:** International Day of Peace  
**30:** Truth & Reconciliation Day (Canada)

## October

**All Month:** Emotional Wellness Month, Healthy Workplace Month, Breast Cancer Awareness Month  
**10:** World Mental Health Day  
**12:** Canadian Thanksgiving  
**31:** Halloween

## November

**All Month:** National Caregivers Month, American Diabetes Month  
**11:** Veterans Day, Remembrance Day (Canada)  
**13:** World Kindness Day  
**19:** International Men's Day  
**26:** US Thanksgiving

## December

**All Month:** HIV & AIDS Awareness Month, Managing Holiday Stress  
**1:** World AIDs Day  
**5:** International Volunteer Day  
**10:** Human Rights Day

Looking For  
Ways To  
Celebrate?

Twello's virtual + onsite wellness classes for employees are flat rate, starting as low as \$440/session for up to 200 Attendees.



[Book A Consultation](#)





A Year's Worth Of  
Wellness For Just

**\$5280**

(12 x 30-Min Live Wellness Webinars)

## twello's Most Popular Package Ever

A Year of Workplace Wellness. Handled.

12 expert-led sessions across the year, aligned with the most important wellness observances. Start anytime. Swap classes as you please. Flat rate for up to 200 attendees. Easy, predictable, meaningful.

### January



#### Break The Stress Cycle

Align with New Year's Programming, "**Blue Monday**," or combat general post-holiday overwhelm.

Other Class Ideas: Mindfulness 101, Mindful Goal Setting

### February



#### Stretch & Soothe

Pairs beautifully with **Heart Health Month**. Gentle movement and breathwork, accessible for all bodies.

Other Class Ideas: Chair Yoga, Self-Care For Stress Reduction

### March



#### Good Mood Food

Perfect for **Nutrition Month**. A fun, inclusive look at how food impacts mood, focus, and stress. No diet talk.

Other Class Ideas: Mindful Eating, Mindfulness For Improving Sleep

### April



#### Self-Care For Stress Reduction

Great for "**Stress Awareness Month**." Employees learn accessible self-care tips and leave with a personalized self-care plan.

Other Class Ideas: Preventing Burnout, Break the Stress Cycle

### May



#### Understanding Anxiety

A supportive, research-driven workshop that normalizes anxiety and teaches proven regulation strategies. Aligns well with **Mental Health Awareness Month**.

Other Class Ideas: Mindfulness 101, Chair Yoga

### June



#### Chair Yoga

Also our most popular class EVER! Aligns great with **International Yoga Day**. Designed for all bodies and abilities.

Other Class Ideas: Building Boundaries, Mindful Movement

### July



#### Mindfulness for Boosting Creativity

A light, energizing session for **Social Wellness Month**, sparking connection and team playfulness.

Other Class Ideas: Workplace Communication, Stretch & Soothe

### August



#### Preventing Burnout

A timely pick for **National Wellness Month**, helping employees prevent burnout and reset before "back-to-school" season.

Other Class Ideas: Balance For Parents & Caregivers, Mat Yoga

### September



#### Mindful Movement

A supportive class for **Self-Care Awareness Month**, blending gentle movement and mindfulness.

Other Class Ideas: Resilience Training, Self-Care For Stress Reduction

### October



#### The Science of Gratitude Journaling

Ideal for **Emotional Wellness Month**, helping employees cultivate resilience and a more balanced mindset.

Other Class Ideas: Meditation 101, Resilience Training

### November



#### Guided Meditation for Grounding & Calm

A calming meditation session for a month centered on gratitude and reflection.

Other Class Ideas: Managing Holiday Stressors, Chair Yoga

### December

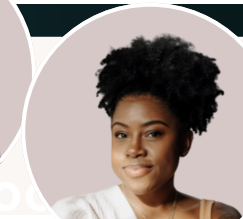
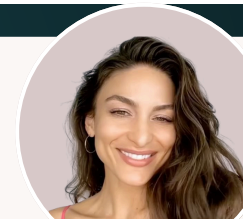


#### Managing Holiday Stressors

Specifically designed for the holiday season. Managing finances, family, social overload, and year-end deadlines.

Other Class Ideas: Positive Mental Health In The Winter, Mindful Goal Setting

Pick your dates, and we'll take care of the rest.  
Book now and coast through 2026.



[Book A Free Consultation](#)



# January 2026

Top Booked Classes:  
Mindful Goal Setting



Mindfulness 101



Chair Yoga



All Month:  
• National Mentoring Month



#1 Provider Of Corporate  
Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3 International Mind-Body Wellness Day	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 MLK Day	20	21 Bell Let's Talk Day (Canada)	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

It's Never Too Late ToJoin Our Happy & Healthy Clients



# February 2026

Top Booked Classes:

Chair Yoga



Self-Care For Stress Reduction



Balance For Parents & Caregivers



- All Month:
- Black History Month
  - American Heart Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31 Valentines Day In 2 Weeks Book Self-Love Yoga Class	1
2	3	4 World Cancer Day	5 Reminder: Caregivers Day In 2 Weeks Book Balance For Caregiver's Workshop	6 National Wear Red Day	7	8 Random Acts Of Kindness Week
9	10	11	12	13	14 Valentine's Day	15
Random Acts Of Kindness Week						
16	17	18	19 Reminder: Employee Appreciation Day In 2 Weeks	20 National Caregivers Day	21	22 Reminder: International Women's Day In 2 Weeks
23	24	25	26	27	28	1



February Is Heart Health Month: [Book Chair Yoga Session For Your Team](#)



# March 2026

Top Booked Classes:

Good Mood Food



Self-Care For Stress Reduction



Chair Yoga



All Month:  
• Nutrition Month



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Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23	24	25	26	27	28	1
2	3	4	5	6Employee Appreciation Day	7	8International Women's Day
9	10	11	12	13World Sleep Day	14	15
16	17St. Patrick's Day	18	19	20Day of Happiness	21	22
23	24	25	26	27	28	29
30	31Transgender Day of Visibility	1	2	3	4	5

# April 2026

Top Booked Classes:

Break The Stress Cycle



Mindfulness & Nature



Creating Psychological  
Safety



All Month:

- Alcohol Awareness Month
- Stress Awareness Month



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Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6	7 World Health Day	8 Earth Day In 2 Weeks Book Mindfulness & Nature Session	9	10	11	12
13	14	15	16	17 Reminder: Mental Health Awareness Month In 2 Weeks	18	19
20	21	22 Earth Day National Admin Professionals Day	23	24	25	26
27	28 World Day for Safety & Health at Work	29	30	1	2	3



# May 2026

Top Booked Classes:  
Break The Stress Cycle



Mindfulness 101



Understanding Anxiety



- All Month:
- Mental Health Awareness Month
  - Employee Health & Fitness Month



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Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4	5	6	7	8	9	10Mother's Day
11	12	13	14	15	16	17
Mental Health Awareness Week						
		National Receptionist Day				
18Reminder: Pride Month In 2 Weeks	19	20	21World Meditation Day	22	23	24
25Memorial Day	26	27	28	29	30	31

# June 2026

Top Booked Classes:

Resilience Training



Chair Yoga



Understanding Anxiety



All Month:

- Pride Month
- PTSD Awareness Month
- Men’s Health Month
- National Safety Month



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Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5 World Environment Day	6	7
8	9	10 Action Anxiety Day (Canada)	11	12	13	14
15	16	17	18	19 Juneteenth	20	21 Father’s Day International Day of Yoga
22	23	24	25	26	27	28
29	30	1	2	3	4	5



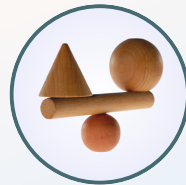
July  
2026

Top Booked Classes:

Stretch & Soothe



Building Boundaries



Guided Meditation for  
Grounding & Calm



All Month:

- Social Wellness Month
- Minority Mental Health Awareness Month

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Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1 <div>Canada Day</div>	2	3	4 <div>US Independence Day</div>	5
6	7	8	9	10 <div>Self-Care Day In 2 Weeks</div> <div>Book Stress Reduction Sessions</div>	11	12
13	14	15	16	17	18	19
20	21	22	23	24 <div>International Self-Care Day</div>	25	26
27	28	29	30	31	1	2

# August 2026

Top Booked Classes:

Mindfulness 101



Chair Yoga



Sound Bath Meditation



All Month:  
• National Wellness Month

Book A 4-Session Wellness Series



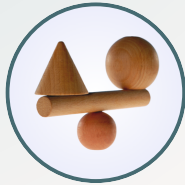
#1 Provider Of Corporate  
Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1 Relaxation Day In 2 Weeks Book Office Yoga Sessions	2
3	4	5	6	7	8	9
10	11	12 International Youth Day	13	14	15 International Relaxation Day	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
Back-to-School Season						
		Women's Equality Day				
31	1	2	3	4	5	6



# September 2026

Top Booked Classes:  
Building Boundaries



Understanding Anxiety



Resilience Training



- All Month:
- Self-Care Awareness Month
  - Suicide Prevention Month
  - Healthy Aging Month
  - Pain Awareness Month



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Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
7 Labor Day	8	9	10 Suicide Prevention Day	11	12	13
14	15	16	17	18	19	20
21 International Day of Peace	22	23	24	25	26 Reminder: World Mental Health Day In 2 Weeks	27
28	29	30 Truth & Reconciliation Day (Canada)	1	2	3	4
5	6	7	8	9	10	

Book Sessions For Mental Health Day.



Most Frequently Booked Day of The Year



# October 2026

Top Booked Classes:

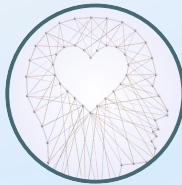
Mindfulness 101



Guided Meditation for Grounding & Calm



Emotional Intelligence 101



All Month:

- Emotional Wellness Month
- Healthy Workplace Month
- Breast Cancer Awareness Month



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
5	6	7	8	9	10 World Mental Health Day	11
12 Canadian Thanksgiving	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	1



# November 2026

Chair Yoga



The Science of Gratitude Journaling



Understanding Anxiety



- All Month:
- National Caregivers Month
  - American Diabetes Month



#1 Provider Of Corporate Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11 <div>Veterans Day</div> <div>Remembrance Day (Canada)</div>	12	13 <div>World Kindness Day</div>	14	15
16	17	18	19 <div>International Men's Day</div>	20	21	22
23	24	25	26 <div>US Thanksgiving</div>	27	28	29
30	1	2	3	4	5	<div>twello</div> <div>View Our Holiday Wellness Sessions</div>
<div><div></div><div>Book Holiday Wellness Sessions</div></div>						

# December 2026

Top Booked Classes:

Stretch & Soothe



Managing Holiday Stressors



Guided Meditation for Grounding & Calm



All Month:

- HIV & AIDS Awareness Month
- Managing Holiday Stress



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Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	1 World AIDs Day	2	3	4	5 International Volunteer Day	6
7	8	9	10 Human Rights Day	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3