



#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)

**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**

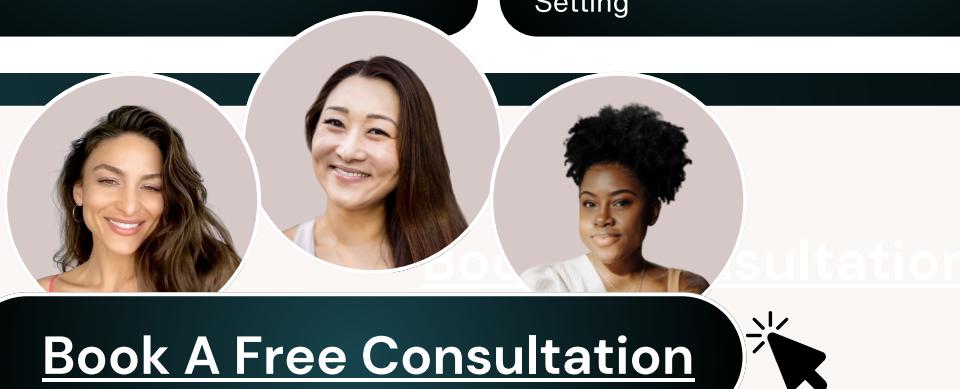


**Managing  
Holiday Stressors**

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.**



# January 2026

Top Booked Classes:  
Mindful Goal Setting



Mindfulness 101



Chair Yoga



All Month:  
• National Mentoring Month

**twello**  
#1 Provider Of Corporate  
Wellness Classes

| Monday        | Tuesday | Wednesday                          | Thursday | Friday | Saturday                                  | Sunday |
|---------------|---------|------------------------------------|----------|--------|---|--------|
| 29            | 30      | 31                                 | 1        | 2      | 3<br>International Mind-Body Wellness Day | 4      |
| 5             | 6       | 7                                  | 8        | 9      | 10  | 11     |
| 12            | 13      | 14                                 | 15       | 16     | 17  | 18     |
| 19<br>MLK Day | 20      | 21<br>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 To Join 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

**twello**

**#1 Provider Of Corporate  
Wellness Classes**

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

**twello**

**#1 Provider Of Corporate  
Wellness Classes**

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

**twello**

**#1 Provider Of Corporate  
Wellness Classes**

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

**twello**

**#1 Provider Of Corporate  
Wellness Classes**

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

**twello**

#1 Provider Of Corporate  
Wellness Classes

| Monday | Tuesday | Wednesday                         | Thursday | Friday                     | Saturday | Sunday  |
|--------|---------|-----------------------------------|----------|----------------------------|----------|---|
| 1      | 2       | 3                                 | 4        | 5<br>World Environment Day | 6        | 7   |
| 8      | 9       | 10<br>Action Anxiety Day (Canada) | 11       | 12                         | 13       | 14  |
| 15     | 16      | 17                                | 18       | 19<br>Juneteenth           | 20       | 21<br>Father's Day<br>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

**twello**

#1 Provider Of Corporate  
Wellness Classes

| Monday | Tuesday | Wednesday       | Thursday | Friday   | Saturday                 | Sunday |
|--------|---------|-----------------|----------|--|--------------------------|--------|
| 29     | 30      | 1<br>Canada Day | 2        | 3  | 4<br>US Independence Day | 5      |
| 6      | 7       | 8               | 9        | 10<br>Self-Care Day In 2 Weeks<br>Book Stress Reduction Sessions | 11                       | 12     |
| 13     | 14      | 15              | 16       | 17   | 18                       | 19     |
| 20     | 21      | 22              | 23       | 24<br>International Self-Care Day                                | 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](#)

**twello**

[#1 Provider Of Corporate  
Wellness Classes](#)

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

**twello**

#1 Provider Of Corporate  
Wellness Classes

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

[Book Sessions For Mental Health Day](#)

# October 2026

## Top Booked Classes:

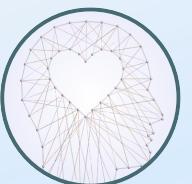
### Mindfulness 101



### Guided Meditation for Grounding & Calm



### Emotional Intelligence 101



## All Month:

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

**twello**

#1 Provider Of Corporate  
Wellness Classes

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

# November 2026

## Chair Yoga



## The Science of Gratitude Journaling



## Understanding Anxiety



### All Month:

- National Caregivers Month
- American Diabetes Month

**twello**

#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<br>Veterans Day<br>Remembrance Day (Canada) | 12                            | 13<br>World Kindness Day | 14       | 15  |  |
| 16     | 17      | 18   | 19<br>International Men's Day | 20                       | 21       | 22  |  |
| 23     | 24      | 25   | 26<br>US Thanksgiving         | 27                       | 28       | 29  |  |
| 30     | 1       | 2  | 3                             | 4                        | 5        |  <p><b>twello</b><br/>View Our Holiday Wellness Sessions</p> |  |



[Book Holiday Wellness Sessions](#)

# December 2026

## Top Booked Classes:

### Stretch & Soothe



### Managing Holiday Stressors



### Guided Meditation for Grounding & Calm



### All Month:

- HIV & AIDS Awareness Month
- Managing Holiday Stress

**twello**

#1 Provider Of Corporate  
Wellness Classes

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