



#1 Provider In Corporate
Wellness Sessions

2027 Wellness Calendar

January

All month: National Mentoring Month
3: International Mind-Body Wellness Day
18: MLK Day
20: Bell Let's Talk Day (Canada)
24: International Day of Education

February

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

March

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

April

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

May

All month: Mental Health Awareness Month, Employee Health & Fitness Month
9: Mother's Day
10-16: Mental Health Awareness Week
12: National Receptionist Day
31: 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
20: Father's Day
21: 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
6: 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
11: 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
25: US Thanksgiving

December

All Month: HIV & AIDS Awareness Month, Managing Holiday Stress
1: World AIDs Day
3: International Day of Persons with Disabilities
5: International Volunteer Day
10: Human Rights Day
12: International Universal Health Coverage Day
21: World Meditation 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 one-off sessions on the fly, or plan a year's worth of wellness events for \$5280.



[Book A Consultation](#)



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

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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

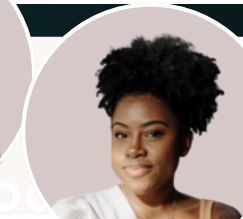
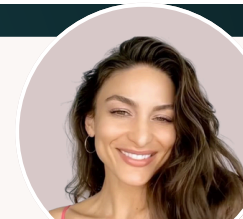


Managing Holiday Stressors

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 2027.



[Book A Free Consultation](#)



January 2027

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
28	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 MLK Day	19	20 Bell Let's Talk Day (Canada)	21	22	23	24 International Day of Education
25	26	27	28	29	30	31 Valentines Day In 2 Weeks Book Self-Love Yoga Class
1	2	3	4	5	6	7

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



February 2027

Top Booked Classes:

Chair Yoga



Self-Care For Stress Reduction



Balance For Parents & Caregivers



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



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 World Cancer Day	5 National Wear Red Day	6	7
8	9	10	11	12	13	14 Valentine's Day Random Acts Of Kindness Week
15	16	17 Random Acts of Kindness Day	18	19 Reminder: Employee Appreciation Day In 2 Weeks	20	21
Random Acts Of Kindness Week						
22 Reminder: International Women's Day In 2 Weeks	23	24	25	26	27	28
1	2	3	4	5	6	7



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

March 2027

Top Booked Classes:

Good Mood Food



Self-Care For Stress Reduction



Chair Yoga



All Month:
• Nutrition Month



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

April 2027

Top Booked Classes:

Break The Stress Cycle



Mindfulness & Nature



Creating Psychological
Safety



- All Month:
- Alcohol Awareness Month
 - Stress Awareness Month



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	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 International Wellness Day	16	17 Reminder: Mental Health Awareness Month In 2 Weeks	18
19	20	21	22 Earth Day	23	24	25
26	27	28 National Admin Professionals Day World Day for Safety & Health at Work	29	30	1	2

May 2027

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

June 2027

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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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	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 Father’s Day
21 International Day of Yoga	22	23	24	25	26	27
28	29	30	1	2	3	4

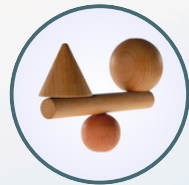
July
2027

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

August 2027

Top Booked Classes:

Mindfulness 101



Chair Yoga



Sound Bath Meditation



All Month:
• National Wellness Month

Book A 4-Session Wellness Series



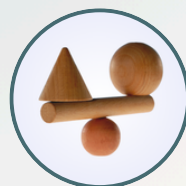
#1 Provider Of Corporate
Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	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
			Back-to-School Season Women's Equality Day			
30	31	1	2	3	4	5

September 2027

Top Booked Classes:

Building Boundaries



Understanding Anxiety



Resilience Training



All Month:

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



#1 Provider Of Corporate Wellness Classes

A calendar for September 2023. The days of the week are listed at the top: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday. The dates are arranged in a grid. Key events are highlighted with colored callouts: Labor Day (Monday, Sept 6th), Suicide Prevention Day (Friday, Sept 10th), International Day of Peace (Tuesday, Sept 21st), and Truth & Reconciliation Day (Canada) (Thursday, Sept 30th). A red banner at the bottom right says "Book Sessions For Mental Health Day." A circular badge in the bottom right corner says "twello Most Frequently Booked Day of The Year" with a calendar icon.

October 2027

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

November 2027

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
1	2	3	4	5	6	7
8	9	10	11 Veterans Day Remembrance Day (Canada)	12	13 World Kindness Day	14
15	16	17	18	19 International Men's Day	20	21
22	23	24	25 US Thanksgiving	26	27	28
29	30	1	2	3	4	View Our Holiday Wellness Sessions
Book Holiday Wellness Sessions						

December 2027

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