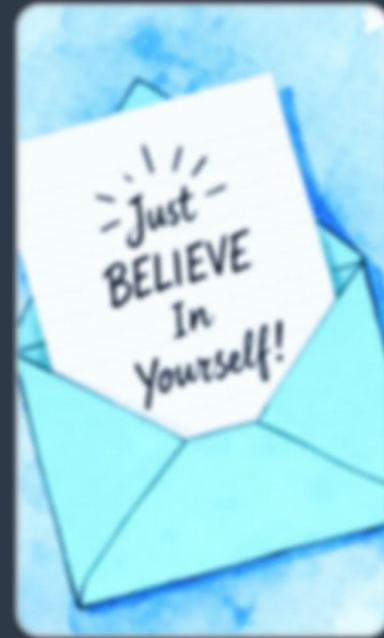


Wellness Calendar

2026



January



Dry January

Support your employees in abstaining from alcohol to promote a healthier mind and body.

Jan 1-3

01

New Year's Day



Jan 4-10
Dry January



Jan 11-17

16

Women Healthy Weight Day

Jan 18-24

24

International Day of Education



Jan 18-31

February



Heart Month

Prioritize cardiovascular health and heart disease prevention with **Vantage Fit's Heart Rate Monitoring**.

Feb 1-7

04

World Cancer Day



Feb 8-14

Cardiovascular Professionals Week

Feb 15-21

17

Random Acts of Kindness Day



Feb 22-28

March



National Nutrition Month

Encourage mindful eating and the development of healthy food habits. Keep track of your nutrition with **Vantage Fit's Nutrition Tracker**.

Mar 1-7

Mar 8-14

08

International Women's Day



13

World Sleep Day

Mar 15-21



20

International Day of Happiness

Mar 22-28

22

World Day for Water

Mar 28-31

Kickstart your wellness journey this year. Join **Vantage Fit** now!



[Book a Demo](#)

April



Stress Awareness Month

Focus on increasing awareness about stress and its impact on overall health. Reduce stress levels with **Vantage Fit with Mindfulness Sessions**.

Apr 1-4

Apr 5-11

07

World Health Day



Apr 12-18

Apr 19-25

22

World Earth Day

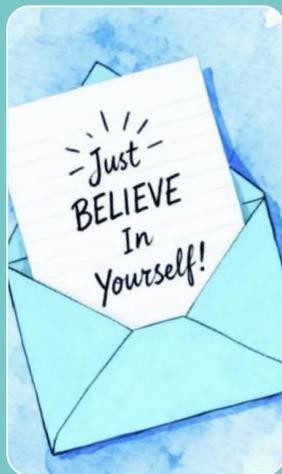


Apr 26-30

28

World Day for Safety and Health at Work

May



Mental Health Awareness Month

Aim to raise awareness and provide support for mental health issues. Learn to be the **Mental Health Champion** at your workplace.

May 1-2

01

Labour Day



May 3-9



08

World Red Cross Day

09

Global Move for Health Day

May 10-16

May 17-23

May 24-30

May 31

31

World No Tobacco Day



June



Men's Health Month

Prioritize men's health, covering physical and mental well-being. Understand how to recognize and address **Men's Mental Health** at work.

Jun 1-6

05

World Environment Day

Jun 7-13

13

Global Wellness Day



Jun 14-20

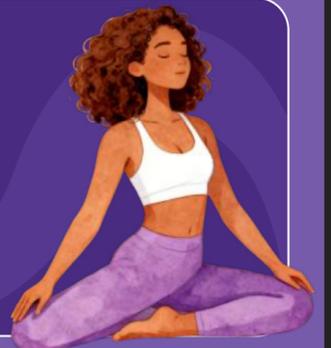
14

World Blood Donor Day

Jun 21-27

21

International Day of Yoga



Jun 28-30

Embrace a healthier you this spring. Explore **Vantage Fit** today.



[Book a Demo](#)



July

Plastic Free July

Embrace plastic reduction to support environmental health and enhance human wellness.

Jul 1-4

Jul 5-11

Jul 12-18

Jul 19-25

24

International Self-Care Day



Jul 26-31

28

World Hepatitis Day

30

International Day of Friendship



August

National Wellness Month

Emphasize self-care, managing stress, and fostering healthy habits. Explore our insightful blog to learn how to celebrate [National Wellness Month](#) at the workplace.

Aug 1

Aug 2-8

Aug 9-15

09

International Day of the World's Indigenous Peoples

12

International Youth Day



Aug 16-22

19

World Humanitarian Day



Aug 23-29

Aug 30-31



September

Self-Care Awareness Month

Inspire your workforce to nurture their overall health and well-being with [Vantage Fit's Holistic Wellbeing Wellness](#).

Sep 1-5

05

International Day of Charity



Sep 6-12

08

International Literacy Day



Sep 13-19

Sep 20-26

21

International Day of Peace



Sep 27-30

29

World Heart Day

Stay on track with your goals and focus on wellness with *Vantage Fit*.





October

Breast Cancer Awareness Month
Raise awareness, promote prevention, and provide treatment insights on breast cancer with Vantage Fit's Breast Cancer articles.

Oct 1-3
01
International Day of Older Persons

Oct 4-10
10
World Mental Health Day



Oct 11-17
16
World Food Day

Oct 18-24



Oct 25-31
31
Halloween



November

World Vegan Month
Promote the importance of vegan food encouraging employees to try plant-based meals, reduce animal-derived products, or explore sustainable living.

Nov 1-7

Nov 8-14
08 **14**
Diwali World Diabetes Day



Nov 15-21
19
International Men's Day



Nov 22-28
25
International Day for the Elimination of Violence against Women

Nov 29-30



December

Universal Human Rights Month
Drive equality and well-being for all with Vantage Fit's Inclusive and Holistic Approach to Employee Well-Being.

Dec 1-5
03
International Day of Persons with Disabilities

Dec 6-12
10
Human Rights Day



Dec 13-19

Dec 20-26
25
Christmas



Finish the year strong! Start your holiday wellness journey with **Vantage Fit**.

 [Book a Demo](#)