

Workplace Wellbeing Calendar 2026-27

A practical planning guide for Australian HR, P&C and WHS teams



Australia's first holistic workplace wellbeing partner.
Integrated programs since 2003.

JANUARY

Summer wellbeing and prevention

2026



ALL MONTH: Summer wellbeing | Flu vaccination planning (Jan-Feb)

PROGRAM IDEAS

- Summer wellbeing workshop
- Skin cancer checks
- Flu vaccination planning
- Hydration and healthy habits

MON	TUE	WED	THU	FRI	SAT	SUN
			1 New Year's Day	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 Australia Day	27	28	29	30	31	



FEBRUARY

2026



Heart health, inclusion and women's health

ALL MONTH: REDFEB Heart Research Month | Ovarian Cancer Awareness Month

PROGRAM IDEAS

- Healthy heart seminar
- Women's health workshop
- Workplace health checks
- Connection and inclusion session

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4 World Cancer Day	5	6	7	8
9	10	11	12	13 Wear Red Day	14	15
16	17	18 International Asperger's Day	19	20	21	22
23	24 Clean Up Australia Day for Businesses	25 Teal Ribbon Day	26	27	28 Rare Disease Day	



MARCH

Sleep, skin health and sustainable energy

2026



ALL MONTH: Melanoma March | World's Greatest Shave

PROGRAM IDEAS

- Sleep and fatigue workshop
- Skin cancer checks
- Walking or movement challenge
- Stress and energy management

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3 World Hearing Day	4	5	6	7	8 International Women's Day
9	10	11	12 World Kidney Day	13 World Sleep Day	14	15
16	17	18	19	20 International Day of Happiness World Oral Health Day	21 World Down Syndrome Day	22
23	24	25	26	27 Walk to Work Day	28	29
30	31					





ALL MONTH: Autism Acceptance Month

PROGRAM IDEAS

- Ergonomic consultations
- Manual handling training
- Musculoskeletal checks
- Neurodiversity and inclusion workshop

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2 World Autism Awareness Day	3 Good Friday	4	5
6 Easter Monday	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 ANZAC Day	26
27	28 World Day for Safety and Health at Work	29	30			





ALL MONTH: Mindful in May | Lung Health Awareness Month

PROGRAM IDEAS

- Mindfulness sessions
- Healthy heart seminar
- Volunteer recognition activity
- Spinal health and ergonomics

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4 National Heart Week begins	5 World Hand Hygiene Day World Asthma Day	6 International No Diet Day	7	8 World Ovarian Cancer Day	9	10
11	12	13	14	15 International Day of Families	16	17 World Hypertension Day
18 National Volunteer Week begins	19	20	21 Australia's Biggest Morning Tea	22	23	24
25 Spinal Health Week begins	26	27	28	29 Wear White at Work Day	30	31 World No Tobacco Day



JUNE

2026



Men's health, winter wellbeing and whole-person health

ALL MONTH: Bowel Cancer Awareness Month | Winter wellbeing

PROGRAM IDEAS

- Men's health seminar series
- Winter wellness workshop
- Yoga or movement class
- Health and wellbeing expo

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8 National Blood Donor Week begins	9	10	11	12	13	14 World Blood Donor Day
15 Men's Health Week begins	16	17 Red Apple Day	18	19	20	21 International Day of Yoga
22	23	24 World Wellbeing Week begins	25	26	27	28
29	30					





ALL MONTH: Dry July | JulEYE

PROGRAM IDEAS

- Nutrition and diabetes workshop
- Health checks
- Pain-aware ergonomics
- Team wellbeing challenge

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5 NAIDOC Week begins
6	7	8 World Skin Health Day	9	10	11	12 National Diabetes Week begins
13	14	15	16	17 Stress Down Day	18	19
20	21	22	23	24	25	26 National Pain Week begins DonateLife Week begins
27	28	29	30	31		



AUGUST

Connection, injury prevention and sleep

2026



ALL MONTH: Tradies National Health Month

PROGRAM IDEAS

- Loneliness and connection workshop
- Tradies health program
- Sleep health seminar
- Manual handling and ergonomic checks

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 Loneliness Awareness Week begins Dental Health Week begins National Stroke Week begins	4	5	6	7 Jeans for Genes Day	8	9
10 Sleep Health Week begins	11	12	13	14	15	16
17	18	19	20	21 Walk to Work Day	22	23
24	25	26	27 Daffodil Day	28 Red Nose Day	29	30
31						



SEPTEMBER

2026



Women's health, mental wellbeing and heart health

ALL MONTH: Women's Health Month | Prostate Cancer Awareness Month

PROGRAM IDEAS

- Women's health seminar series
- R U OK? workplace program
- Mental wellbeing challenge
- Workplace heart checks

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7 Women's Health Week begins	8	9	10 R U OK? Day World Suicide Prevention Day	11	12 World First Aid Day	13
14	15	16	17	18	19	20
21 Dementia Action Week begins Headache and Migraine Week begins	22	23	24	25	26	27
28	29 World Heart Day	30				



OCTOBER

2026



Safe work, mental health, nutrition and carers

ALL MONTH: National Safe Work Month | Mental Health Month | Breast Cancer Awareness Month | Walktober

PROGRAM IDEAS

- Psychosocial risk and manager training
- Nutrition workshop
- Ergonomic and manual handling program
- Carer wellbeing session

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10 World Mental Health Day	11 National Carers Week begins
12 National Nutrition Week begins World Arthritis Day	13	14 Ride to Work Day	15	16 World Spine Day	17	18 World Menopause Day
19	20 World Osteoporosis Day	21	22	23	24	25
26	27	28	29	30	31	



NOVEMBER

Men's health, kindness and prevention

2026



ALL MONTH: Movember | Lung Cancer Awareness Month | White Ribbon Month

PROGRAM IDEAS

- Movember men's health program
- Stress and burnout workshop
- Skin cancer checks
- Kindness and team connection activity

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 International Stress Awareness Week begins	3	4	5	6	7	8
9	10	11	12	13 World Kindness Day	14 World Diabetes Day	15
16 National Skin Cancer Action Week begins	17	18	19 International Men's Day	20	21	22
23	24	25 International Day for the Elimination of Violence against Women	26	27	28	29
30						



DECEMBER

2026



Year-end wellbeing, inclusion and recovery

ALL MONTH: Year-end wellbeing | Decembeard / Decembhair

PROGRAM IDEAS

- Surviving the silly season workshop
- End-of-year team connection
- Stress management and recovery
- Plan 2027 flu vaccinations

MON	TUE	WED	THU	FRI	SAT	SUN
	1 World AIDS Day	2	3 International Day of People with Disability	4	5 International Volunteer Day	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Christmas Day	26 Boxing Day	27
28 Boxing Day public holiday (most states)	29	30	31 New Year's Eve			



JANUARY

2027



Summer wellbeing, recovery and planning

ALL MONTH: Summer wellbeing | Flu vaccination planning (Jan-Feb)

PROGRAM IDEAS

- Summer wellbeing workshop
- Skin cancer checks
- Flu vaccination planning
- Hydration and healthy habits

MON	TUE	WED	THU	FRI	SAT	SUN
				1 New Year's Day	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 Australia Day	27	28	29	30	31



FEBRUARY

2027



Heart health, prevention and workplace energy

ALL MONTH: Heart health | Ovarian Cancer Awareness Month

PROGRAM IDEAS

- Workplace heart checks
- Healthy heart seminar
- Women's health session
- Flu vaccinations

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4 World Cancer Day	5	6	7
8	9	10	11	12 Wear Red Day	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 Rare Disease Day



Build a balanced annual wellbeing plan



Use this calendar to plan a mix of mental, physical, leadership and culture initiatives across the year. The strongest programs are not a collection of disconnected awareness days; they build capability and healthy habits over time.

MENTAL

Stress, resilience, mental health literacy, mindfulness, sleep and psychological safety.

PHYSICAL

Movement, ergonomics, nutrition, health checks, massage and injury prevention.

LEADERSHIP

Manager capability, difficult conversations, mental health leadership and psychosocial risk.

CULTURE

Connection, inclusion, team engagement, kindness and shared purpose.

Need help turning dates into a coherent program?

HSG can design a tailored annual calendar, individual campaign activation or integrated workplace wellbeing strategy.

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