CG | WELLNESS

2026 Roadmap

	Q1			Q2			Q3			Q4		
	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
Health Themes	FINANCIAL WELLNESS MONTH HEALTHY WEIGHT WEEK INTERNATIONAL QUALITY OF LIFE MONTH	HEART MONTH WORLD CANCER DAY	INTERNATIONAL WOMEN'S DAY NATIONAL NUTRITION MONTH SLEEP AWARENESS MONTH	SUSTAINABILITY MONTH WORLD HEALTH DAY EARTH DAY	WOMEN'S HEALTH WEEK STROKE AWARENESS MONTH MATERNAL MENTAL HEALTH DAY MENTAL HEALTH AWARENESS MONTH	MEN'S HEALTH WEEK LUNG CANCER AWARENESS MONTH WORLD BICYCLE DAY	FRIENDSHIP DAY INTERNATIONAL SELF CARE DAY ALZHEIMER'S DAY	IMMUNIZATION AWARENESS MONTH WORLD BREASTFEEDING WEEK PHYSICAL ACTIVITY MONTH	SUICIDE PREVENTION MONTH PROSTATE CANCER AWARENESS MONTH WORLD HEART HEALTH DAY	WORLD MENTAL HEALTH DAY BREAST CANCER AWARENESS MONTH	MENS HEALTH MONTH DIABETES AWARENESS MONTH WORLD KINDNESS DAY	INTERNATIONAL DAY OF PERSONS WITH DISABILITIES INTERNATIONAL VOLUNTEER DAY
Virtual Platform	HEALTHY HABIT Organize Your Finances	HEALTHY HABIT Routine/Decision Fatigue	HEALTHY HABIT Self-Advocacy	HEALTHY HABIT Empathy	HEALTHY HABIT Remove Devices from Bedroom	HEALTHY HABIT Habit Stacking	HEALTHY HABIT Calm your Emotions	HEALTHY HABIT Strength Training	HEALTHY HABIT Make Work Fun	HEALTHY HABIT Time for Friends	HEALTHY HABIT Savoring Meals	HEALTHY HABIT Mindful Moment
	MEDIA FOCUS Saving and Investing	MEDIA FOCUS Personal Growth	MEDIA FOCUS Healthy Eating	MEDIA FOCUS General Wellbeing	MEDIA FOCUS Healthy Living for Women	MEDIA FOCUS Healthy Living for Men	MEDIA FOCUS Emotional Balance	MEDIA FOCUS Being Active	MEDIA FOCUS Life at Work	MEDIA FOCUS Emotional Balance	MEDIA FOCUS Healthy Weight	MEDIA FOCUS Mindfulness and Meditation
	Multi-Jurisdictional Step Challenge Spotlight Step Challenge			Multi-Jurisdictional Step Challenge Destination: CG Island Tour			Multi-Jurisdictional Step Challenge Staged: World Cup 2026			Multi-Jurisdictional Step Challenge Destination: World Tour		
Digital Resources	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content	Podcast/Blog Content
	WEBINAR Financial Wellbeing			WEBINAR Nutritional Wellbeing			WEBINAR Physical Wellbeing			WEBINAR Men's Health Focus, Mental Health		
	Scan to access all of our digital resources											
Activities & Events	Mindful Leader Program - Session 1 Lifestyle Lift Program Project Motherhood			Mindful Leader Program - Session 2 Champions Relaxation Event Dodgeball Tournament			Mindful Leader Program - Session 3 The Great **Wellness** Challenge (Virtual)			Mindful Leader Program - Session 4 Champions Event Farmers' Market Tour		