Wellbeing Calendar 2021

January
- Did you know that 80% of resolutions fail by February? A digital wellbeing program can help your employees stay focused on their 2021 goals with healthy habit tracking, nudges and reminders, peer support, live coaching and more. Learn how to find one that works for you.

February
- It’s a great time to pick up a new pastime or kick off a project—January is National Hobby Month!

March
- 6: National Employee Appreciation Day: Boost morale by showing your employees you care!

April
- 1: April Fools’ Day: National Fitness Day: Get moving at home with our virtual exercise class.

May

June
- 13: World Sleep Day: Daylight Savings Time starts on April 14th - work with your sleep routine with these tips from sleep expert Dr. Laura Santus.

July
- 17: Independence Day: 4: Independence Day: Give an encouraging shoutout to a colleague who’s going the extra mile. It will make their day and will spread positivity.

August
- 15: National Relaxation Day: Unwind with a good book, a leisurely walk or your favorite movie.

September
- 14: World Diabetes Day: Did you know that diabetes care accounts for 10% of all global healthcare spending? Learn more about the prevalence of this chronic condition and strategies for prevention in our worldnews digest.

October
- 10: World Mental Health Day: True wellbeing can’t be achieved without a focus on mental health. Make small changes and take the pledge to achieve life-long mental wellbeing.

November
- 12: Thanksgiving: Get a better night’s sleep by leaving your phone outside of your bedroom. You’ll avoid the temptation to check it right before bed and won’t be disrupted by notifications at night.

December
- Celebrate the holiday season with a gift that keeps on giving — the gift of health and wellbeing.