

JANUARY 2026

This month's themes:

- Thyroid Awareness
- Cervical Awareness
- Glaucoma Awareness
- National Blood Donor Month
- Resolutions: New Year, New You

SUN	MON	TUE	WED	THU	FRI	SAT
			New Year's Day	01	02	03
04	05	06	07 Venbrook Hosted Nutrition Navigator: Ready to Lose the Holiday Weight?	08 BSC Headspace Live Meditation, Reflect & Reset	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Kaiser Permanente Workday Warrior: Desk Strength & Stretch	27	28	29	30	31

01

FEBRUARY 2026

This month's themes:

- American Heart Month
- National Cancer Prevention Month
- National Eating Disorders Week
- Black History Month

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04 World Cancer Day Venbrook Hosted Nutrition Navigator: Break Up with Diet Culture	05 BSC Headspace Live Meditation, Understanding Loneliness	06	07
08	09	10	11	12	13	14 Valentine's Day
15	16 Kaiser Permanente Love Your Heart	17	18	19	20	21
22	23	24	25	26	27	28

02

MARCH 2026

This month's themes:

- National Nutrition Month
- National Kidney Month
- National Sleep Awareness Week
- Women's History Month

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05 BSC <u>Headspace</u> <u>Live Meditation,</u> <u>Prioritizing Sleep</u>	06	07
08	09	10	11 Venbrook Hosted Nutrition Navigator: Beyond Numbers: Understanding Nutrition for Lasting Results	12 BSC <u>Headspace</u> <u>Live Meditation,</u> <u>Rest & Recharge</u>	13	14
15	16 Kaiser Permanente <u>Celebrate You: Body</u> <u>Positivity for Every</u> <u>Body.</u>	17 St. Patrick's Day	18	19 Mineral <u>General Overview</u> <u>Lunch & Learn</u>	20	21
22	23	24	25	26	27	28
29	30	31				

03

APRIL 2026

This month's themes:

- Stress Awareness Month
- Alcohol Awareness Month
- National Minority Health Month

SUN	MON	TUE	WED	THU	FRI	SAT
			01 <u>Venbrook Hosted Nutrition Navigator: Portion Control Made Simple</u>	02 <u>BSC Headspace Live Meditation, Mindful Money.</u>	03	04
05	06	07 World Health Day	08	09	10	11
12	13	14	15 Tax Day	16	17	18
19	20 <u>Kaiser Permanente Cultivating Compassion</u>	21	22 Earth Day	23	24	25
26	27	28	29	30		

04

MAY 2026

This month's themes:

- Mental Health Awareness Month
- Healthy Vision Month
- National Nurse's Week (5/6-5/12)

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04	05 Teacher Appreciation Day	06 <u>Venbrook Hosted Nutrition Navigator: Food & Mood: Supporting Mental Health through Nourishment</u>	07 BSC <u>Headspace Live Meditation, Navigating Burnout</u>	08	09
10 Mother's Day	11	12 Q2 Stay Venturous Newsletters	13	14 BSC <u>Headspace Live Meditation, Beyond Burnout, Reclaim Energy.</u>	15	16
17	18 <u>Kaiser Permanente Connecting with Creativity to Improve Your Mental Wellbeing</u>	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31 World No Tobacco Day						

05

JUNE 2026

This month's themes:

- Men's Health Month
- Brain and Alzheimer's Awareness Month
- PTSD Awareness Month
- LGBTQ Pride Month

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03 <u>Venbrook Hosted Nutrition Navigator: Nutrition Labels - What's Helpful, What's Not</u>	04 <u>BSC Headspace Live Meditation, Authenticity & Confidence</u>	05	06
07	08	09	10	11	12	13
14 World Blood Donor Day	15 <u>Kaiser Permanente Inflammatory Lifestyle for a Healthy Body & Mind</u>	16	17	18	19 Juneteenth	20
21 International Day of Yoga Father's Day	22	23	24	25	26	27
28	29	30				

06

JULY 2026

This month's themes:

- UV Safety Month
- National Minority Mental Health Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
			01 <u>Venbrook Hosted Nutrition Navigator: Food Facts Without Fear - Understanding Food Safety & Risk</u>	02	03	04 Independence Day
05	06	07	08	09 BSC <u>Headspace Live Meditation, Managing Anxiety.</u>	10	11
12	13	14	15	16	17	18
19	20 <u>Kaiser Permanente Snack Attack</u>	21	22	23	24	25
26	27	28 National Minority Mental Health Awareness Day	29	30	31 National Heat Stroke Day	

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AUGUST 2026

This month's themes:

- National Immunization Awareness Month
- Summer Sun Safety Month

SUN	MON	TUE	WED	THU	FRI	SAT
						01 World Lung Cancer Day Recuro Health: Balance Life Blend
02	03	04	05 <u>Venbrook Hosted</u> Nutrition Navigator: Nutrition Trends Decoded - Fact & Myths	06 <u>BSC</u> Headspace Live Meditation, Change & Transitions	07	08
09	10	11 Q3 Stay Venturous Newsletters	12	13 <u>BSC</u> Headspace Live Meditation, Balance + Boundaries	14	15
16	17 <u>Kaiser Permanente</u> Back to School, Back to Basics	18	19	20	21 National Senior Citizen Day	22
23	24	25	26	27	28	29
30	31					

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SEPTEMBER 2026

This month's themes:

- Healthy Aging Month
- National Recovery Month
- Cholesterol Education Month
- Suicide Prevention Week; Back to School
- Oktoberfest (9/19-10/4)

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02 <u>Venbrook Hosted Nutrition Navigator: Energy, Nutrition, and What Your Body Might Be Asking For</u>	03 <u>BSC Headspace Live Meditation, Navigating Difficult Time</u>	04	05
06	07 Labor Day	08	09	10 World Suicide Prevention Day	11	12 Rosh Hashanah
13	14	15	16	17	18	19
20	21 Yom Kippur <u>Kaiser Permanente Functional Fitness; Active at Every Age</u>	22	23	24	25	26
27	28	29	30			

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OCTOBER 2026

This month's themes:

- National Breast Cancer Awareness Month
- Dental Hygiene Month
- Health Literacy Month
- Domestic Violence Awareness Month
- National Depression Screening Month
- Cybersecutiry Awareness Week
- Oktoberfest (9/19-10/4)

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04	05	06	07 <u>Venbrook Hosted Nutrition Navigator: Sweet Success - Balacing Sugar, Spirits, and Health this Holiday Season</u>	08 <u>BSC Headspace Live Meditation, World Mental Health Day.</u>	09	10 World Mental Health Day
11	12	13	14	15	16	17
18	19 <u>Kaiser Permanente Care for the Caregiver</u>	20	21	22	23	24
25	26	27	28 National First Responders Day	29	30	31 Halloween

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NOVEMBER 2026

This month's themes:

- National Diabetes Month
- Lung Cancer Awareness Month
- National Caregivers Month

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03 Election Day	04 <u>Venbrook Hosted Nutrition Navigator: Celebrating the Holidays with Nourishment & Flexibility.</u>	05 <u>BSC Headspace Live Meditation, Gratitude & Letting Go</u>	06	07
08	09	10 Q4 Stay Venturous Newsletters	11 Veteran's Day	12 <u>BSC Headspace Live Workshop: Grief & Gratitude</u>	13	14 World Diabetes Day
15	16 <u>Kaiser Permanente The Healthy Holiday. Mix - Sleep, Exercise, Love & Food</u>	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30 Cyber Monday	31				

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DECEMBER 2026

This month's themes:

- National Safe Toy and Gift Month
- Hanukkah (12/4-12/12)

SUN	MON	TUE	WED	THU	FRI	SAT
		01 World AIDS Day Giving Tuesday	02 <u>Venbrook Hosted Nutrition Navigator: Recovering from Dieting - A Gentle, Sustainable Approach</u>	03 International Day of Persons with Disabilities <u>BSC Headspace Live Meditation, Rest & Recharge</u>	04	05
06	07	08	09	10	11	12
13	14 <u>Kaiser Permanente Cozy Up: Discover the Magic of Hygiene</u>	15	16	17	18	19
20	21	22	23	24	25 Christmas Day	26 Kwanzaa
27	28	29	30	31 New Year's Eve		

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