# 2027 Wellbeing in the workplace calendar

## Engage, educate and empower your workforce with monthly wellbeing tips.

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| **January**<br><br>Starting the new year strong | **February**<br><br>Heart health | **March**<br><br>Colon cancer awareness |
| **April**<br><br>Health literacy | **May**<br><br>Mental wellbeing | **June**<br><br>Brain health |
| **July**<br><br>Stack your back | **August**<br><br>Healthy eating | **September**<br><br>Aging well |
| **October**<br><br>Women's health | **November**<br><br>Diabetes | **December**<br><br>Social connections |

Each month, we highlight a new wellbeing topic designed to support and enhance your workplace wellbeing program. Our monthly email tips provide a variety of resources, including newsletter content, wellness challenges, flyers, and more to encourage healthy lifestyle habits.

We're also pleased to continue offering monthly wellbeing webinars that align with each featured topic led by Health Plan experts — such as medical doctors, registered dietitians, and other health experts. A promotional flyer for each upcoming webinar will be included with the monthly wellbeing tip.

To start receiving the monthly wellbeing tip emails, sign up through your Univera Healthcare account manager or wellbeing consultant.

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Right here.
For you.

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