

2026 WELLBEING CALENDAR

January

[Telus Health Monthly Webinar: Achieving Peak Wellbeing](#)

February

[Telus Health Monthly Webinar: Physical Health for Mental Health](#)

Auckland Pride Festival Month
World Cancer Day: 4
Waitangi Day: 6
Safet Internet Day: 10th
Chinese New Year: 17-3 Mar
Big Heart Appeal: 27-28
Ovarian Cancer Awareness Month

March

[Telus Health Monthly Webinar: Perimenopause and Menopause at Work](#)

International Women's Day: 8
World Sleep Day: 13
Neurodiversity Celebration Week : 17-23
Purple Day - Epilepsy: 26

April

[Telus Health Unconscious Bias, Diversity and Inclusion](#)

Autism Awareness Week: 2
World Health Day: 7
World Day for Safety and Health at Work: 28
ANZAC Day: 25/Observed 27
Onsite Flu Vaccinations
Unitec: TBC **MIT:** TBC

May

[Telus Health Monthly Webinar: Improve your Financial Wellbeing](#)

NZ Sign Language Week: 4 - 10
International Day of Families: 15
Samoan Language Week: 31 - 6 June
Skin Cancer Awareness Month
Pink Shirt Day: 15

June

[Telus Health Monthly Webinar: Men's Health](#)

Sweat with Pride: Month long
Men's Health Week: 8-14
National Volunteer Week: 14-20
World Wellbeing Week: 24-30
Autistic Pride Day: 18

July

[Telus Health Monthly Webinar: Neurodiversity at Work](#)

International Self-Care Day: 24
International Day of Friendship: 30
Matariki: 10

August

[Telus Health Monthly Webinar: Emotionally Intelligent Leadership](#)

Indigenous Peoples Day: 9
International Youth Day: 12
Women's Health Week: 10-16
Daffodil Day: 21
Vanuatu Language Week: 26 - 1 August
Cook Islands Māori Language Week: 2-8
Tongan Language Week: 16-22

September

[Telus Health Monthly Webinar: Foundational Mental Health Awareness](#)

R U OK Day: 10
Mental Health Awareness Week: 23-29
International Day of Peace: 21
World Suicide Prevention Day: 10
International Day of Peace: 21
Random Acts of Kindness Day: 1
Te Wiki o te Reo Māori (Māori Language Week): 14-21
Papua New Guinea Language Week: 6-12

October

[Telus Health Monthly Webinar: Supporting Working Parents](#)

Pink Ribbon Month
Mental Health Month
World Mental Health Day: 10th
World Menopause Day: 18
International day for disaster risk reduction: 13
Tuvalu Language Week: 1-7
Fijian Language Week: 8-14
Niue Language Week: 15-21
Tokelau Language Week: 22-28

November

[Telus Health Monthly Webinar: Stress, Burnout and Fatigue- link to come](#)

Movember - Men's Health Month
World Diabetes Day: 14th
International Men's Day: 19
World Kidness Day: 13
White Ribbon Day: 25
Gumboot Day: 3
Diwali: 8

December

[Telus Health Monthly Webinar: Managing your Health Through the Festive Season - link to come](#)

International Day of Persons with Disabilities:
International Human Rights Day: 10
International Migrants Day: 18