

Wellness Services



Health Calendar 2025

Planning your 2025 Health & Wellness Calendar is easy!

	SPECIAL DAYS	WELLNESS SEMINAR SUGGESTIONS
JAN	Alzheimer's Awareness Month "Veganuary" Bell Let's Talk – Jan 25	Mind Health: Building Mental Resilience Brain Foods and Stress Solutions Mindful Eating
FEB	Preventative Health Awareness Month Heart Month Eating Disorder Awareness Week – Feb 24-Mar 2	Nutrition For a Healthy Heart Heart Disease: Everything You Need to Know Lifestyle Habits for Longevity and Healthspan
MAR	Nutrition Month Brain Health Awareness Month International Women's Day – Mar 8	Good Mood Foods Caring For Yourself to Care for Others Maintaining a Healthy Brain
APR	Alcohol Awareness Month World Health Day – Apr 7 World Day for Safety and Health at Work – Apr 28	Can't Stay Motivated to Workout? You're Not Alone, and We Can Help Exercise Is Medicine
MAY	Mental Health Month World Asthma Day – May 6 World No Tobacco Day – May 31	Life Balance And Happiness Psychological Health And Wellbeing Stress, Anxiety, And Depression
JUN	Men's Health Month National Health and Fitness Day – June 7 Action Anxiety Day – June 10	Intuitive Movement Men's Health Stress And Tension Tamers
JUL	National Injury Prevention Day – July 5 International Self-Care Day – July 24 International Friendship Day – July 30	Exercise In Warmer Weather Ergonomics: Reducing RSI Work In Progress: Becoming Your Best Self
AUG	International Youth Day – Aug 12 World Humanitarian Day – Aug 19 Women's Equality Day – Aug 26	Nutrition And Healthy Aging Back Basics: A Holistic Approach To Back Health Women's Health
SEP	Ovarian & Prostate Cancer Awareness Month World Suicide Prevention Day – Sept 10 World First Aid Day – Sept 13	Superfoods For Super Immunity Exercise And Mental Well-Being Stress Management In A Moment
OCT	Healthy Workplace Month World Mental Health Day – Oct 10 World Osteoporosis Day – Oct 20	Working Smarter: Productivity And Work-Life Enhancers Managing Stress In The Workplace Deskercise
NOV	Diabetes Month "Movember" World Kindness Day – Nov 13	Diabetes Prevention Mental Wellness At Work: Moving Beyond Stigma Optimal Mental Health – Community, Connection, Purpose
DEC	International Day of Persons with Disabilities – Dec 3 Human Rights Day – Dec 10 Anti Bullying Day Canada – Dec 17	A Healthy Season For Your Body & Mind Holiday Eating Survival Guide Exercise In Colder Weather

OTHER SERVICES TO COMPLEMENT SEMINARS

Fitness Classes (5 – 45 minutes) - Choose from Yoga, Bootcamp, Dance, Stretch & Breathe, and more

Chair Massages with Registered Massage Therapists – Ideal for health fairs, employee appreciation events and conferences

Nutrition Consultations – One-on-one personal consultations in 20 and 30-minute individual bookings

GoodLife Workplace Wellness can also provide medical services such as Flu Clinics and "Ask a Nurse" – ask for details.



For more information, please email workplacewellness@goodlifefitness.com

Please note: The information provided by GoodLife Workplace Wellness is educational in nature and not prescriptive. GoodLife does not accept liability for any health condition due to its educational material. It is the individual's responsibility to make educated decisions and create their own course of action.