

2027

ANNUAL WELLNESS CALENDAR

JANUARY



**MACRO MATH:
WHAT'S ON YOUR PLATE?**

*Macros for Optimal
Weight*

FEBRUARY



THE HEART OF NUTRITION

Nutrition for Your Heart

MARCH



THE SWEET ESCAPE

*Tips and Tricks for Lowering
Your Sugar Intake*

APRIL



**STAYING HUMAN IN A
TECH DRIVEN WORLD – PT. 1**

Your Brain on Social Media

MAY



**STAYING HUMAN IN A
TECH DRIVEN WORLD – PT. 2**

*Human Connection
Outside of Technology*

JUNE



THE SPACE TO THRIVE

*How Your Surroundings
Affect Your Mental Well-being*

JULY



MOVEMENT IS MEDICINE

*Incorporating Intentional
Exercise into Your Day*

AUGUST



FIND YOUR FIT

Workouts For You, By You

SEPTEMBER



REST & RECOVER

*Productive Rest for a Full
Body Recovery*

OCTOBER



THE CONSCIENTIOUS SPENDER

*Spending & Saving
Intentionally*

NOVEMBER



THE STRESS TOOLBOX

*All the Tools for a Stress-Free
Holiday Season*

DECEMBER



YOUR YEAR IN WINS

*Reflecting on the Small
Wins in 2027*