2027 **Wellbeing Calendar**

The Baldwin Group



JANUARY

TRANSPORTATION & HEALTHCARE
Access to transportation is access to care, making it a critical factor in health outcomes.



FEBRUARY

FINANCIAL STRESS & YOUR HEART
Financial stress doesn't just impact your wallet. It can affect your blood pressure, sleep, and heart health.



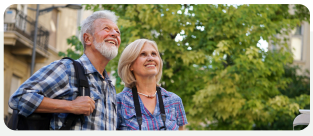
MARCH

GROCERY SHOPPING
Healthy eating doesn't require trendy products or a big budget. Keep it simple, nutritious, and affordable.



APRIL

WEARABLE TECHNOLOGY
Wellness isn't all about closing your rings. Wearable technology is changing how we track and manage our health.



MAY

MENTAL HEALTH & TRAVELING
More than a getaway, travel can provide a mental reset by helping you step away from stress and recharge.



JUNE

BRAIN HEALTH
A healthy brain starts with healthy habits. Explore how sleep, nutrition, and connection can make a difference.



JULY

SKIN CANCER
Your skin deserves year-round protection. Skin cancer is common, but often preventable.



AUGUST

ANNUAL PHYSICAL
Your annual physical is a simple way to stay ahead of potential health issues and support long-term wellness.



SEPTEMBER

ER VS URGENT CARE
Knowing where to go for care can save time, money, and even lives. The right care starts in the right place.



OCTOBER

BREAST CANCER AWARESS MONTH
Know your normal and speak up when something changes. Early detection can make all the difference.



NOVEMBER

TOUCH GRASS
No apps or Wi-Fi required. Spending time outside can lower stress, improve mood, and support better health.



DECEMBER

GETTING CARE WHILE CELEBRATING
Illnesses and injuries don't take holidays. Knowing your care options can help you act quickly and confidently.