

# WC 2026 Themes and Community Calendar

## JANUARY



Theme:

### Start Fresh

Discover your formula for lasting change, build habits that align with your values, and energize your year.

## FEBRUARY



Theme:

### Build Emotional Strength

Build emotional resilience through awareness, compassion, and connection.

## MARCH



Theme:

### Recharge with Rest

Build habits for deep rest and focus by setting boundaries and creating space to recharge your mind.

## APRIL



Theme:

### Build Money Confidence

Build financial confidence with simple steps to manage money and reduce stress.

## MAY



Theme:

### Be Kind to Your Mind

Support your mental health by slowing down, softening self-talk, and finding calm through simple daily habits.

## JUNE



Theme:

### Eat for Energy

Fuel your energy and health with simple, balanced, and mindful nutrition.

## JULY



Theme:

### Move for Joy

Find movement that fits your life and lifts your spirit, every step, stretch, or dance is a chance to recharge.

## AUGUST



Theme:

### Spark Your Creativity

Use creativity to find clarity and momentum, journal, move, or visualize your goals to reconnect and imagine what's next.

## SEPTEMBER



Theme:

### Live with Purpose

Act with purpose to build alignment, cultivating balance, courage, and growth in all you do.

## OCTOBER



Theme:

### Thrive Together

Build meaningful bonds that elevate health, encourage empathy, belonging, and shared success.

## NOVEMBER



Theme:

### Discover Your 'Why'

Refocus on what's meaningful and let that clarity guide your energy, resilience, and joy.

## DECEMBER



Theme:

### Restore & Renew

Pause to restore. Breathe to renew. Let awareness bring you back to what matters most.