Wellbeing Calendar . May 2026

Vitality Talks - Interviews and panels with leading experts to help you make healthier choices

EQ vs IQ: Why emotional intelligence matters more than you think
Friday 15th May, 3pm – 3:45pm

Register

15 Mental Health Awareness Week



Mindfulness and Movement - Let's get physical and practice some self-care in our monthly series

30-minute bodyweight Pilates
Tuesday 26th May, 12pm - 12:30pm

Register



Wellbeing Hour with the Vitality Coaches - Interactive workshops to enhance your health and promote better work-life balance

Taking action for your mental health
Monday 11th May, 11am – 12pm

Register

11 Mental Health Awareness Week



The Coaches Circle - Your favourite wellbeing workshops on repeat

Making sense of mental health
Tuesday 12th May, 3pm – 4pm
Register

Making sense of mental health part 2: Putting it into practice
Thursday 14th May, 11am – 12pm
Register

What the body needs
Wednesday 13th May, 11am - 12pm
Register

Movement to protect your bone, muscle and joint health
Tuesday 5th May, 11am - 12pm
Register

Know your numbers
Monday 18th May, 11am - 12pm
Register

Making the Most of Vitality
Join our monthly series of webinars to unlock the full potential of your plan

Unlock the potential of your Vitality plan
Tuesday 5th May,
10:30am - 11:15am
Register

Your Road to Platinum Status with Vitality
Tuesday 19th May,
10:30am – 10:50am
Register

How to make a claim on your Vitality plan
Tuesday 26th May,
10:30am – 10:55am
Register

Understanding your Vitality Mental Health Cover
Tuesday 26th May, 2:30pm – 2:55pm
Register

