

Wellness & Education

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CE & Wellness Opportunities 2026

Explore continuing education, professional development, and simple wellness activities to support personal growth and team connection. Each month includes available CE resources and easy, low- or no-cost activities that can be incorporated into your hospital.

January 2026 ▼

Fresh Starts & Personal Growth

CE & Professional Development

Royal Canin - January Continuing Education

Provider: Royal Canin

[January CE Flyer →](#) 

Wellness & Team Growth Ideas

- Start the year by sharing a personal or professional goal with your team.
- Encourage small wellness habits, such as drinking more water or taking short movement breaks.
- Invite team members to share one skill they would like to learn or improve this year.

February 2026 ▼

Kindness, Connection & Learning

CE & Professional Development

R00: Unraveling the Mystery of Vomiting Cats

Provider: R00

1 Hour RACE-Approved CE

For Veterinarians and Veterinary Technicians

[February RACE CE Flyer →](#) 

Wellness & Team Growth Ideas

- Share a kind note or words of encouragement with a coworker.
- Create an appreciation board where team members can recognize one another.
- Take a moment to check in with a teammate and ask how they're doing.
- Share a helpful veterinary tip or something new you've learned.

March 2026 ▼

Live Well, Work Well

Wellness Resource

Wellness Corner: Live Well, Work Well

Explore four areas of well-being: physical, mental, social, and financial.

[Live Well, Work Well Flyer →](#) 

Wellness & Team Growth Ideas

- **Wellness Jar Pull:** Fill a jar with simple wellness prompts and let team members choose one throughout the month.
- Encourage short walks, stretching, or outdoor breaks when schedules allow.
- Share a favorite wellness habit or simple way to recharge after a busy day.
- Invite team members to identify one area of well-being they'd like to focus on.

April 2026 ▼

Professional Development & Team Appreciation

CE & Professional Development

Hound: Free RACE-Approved Continuing Education

Provider: Hound | April & May

[RACE-Approved CE Flyer →](#) 

R00: Managing the Madness - Practice Manager Q&A

Provider: R00 | April 29, 2026

[Practice Manager Q&A Flyer →](#) 

[Original Event Registration Link →](#)

Wellness & Team Growth Ideas

- Recognize a teammate who made a positive difference during a busy shift.
- Try a short team stretch or movement break.
- Invite coworkers to share something they appreciate about their team.
- Encourage team members to share a professional goal or recent accomplishment.

May 2026 ▼

Growth & Learning

CE & Professional Development

Hound: Free RACE-Approved CE Opportunities

Provider: Hound | April & May

[April-May RACE CE Flyer →](#) 

Wellness & Team Growth Ideas

- **Teach Me Something!** Invite a team member to demonstrate a skill, tip, or helpful workplace trick.
- Encourage peer-to-peer learning by sharing knowledge across different roles.
- Share a helpful article, podcast, or professional development resource.
- Celebrate a team member who has learned a new skill or reached a professional milestone.

June 2026 ▼

Summer Wellness & Team Connection

CE & Professional Development

R00: Free Continuing Education Opportunities

Provider: R00

[June CE Flyer →](#) 

Wellness & Team Growth Ideas

- **Connection Jar:** Use printable conversation prompts to help coworkers learn more about one another.
- Encourage getting outside for fresh air or a quick walk when schedules permit.
- Start an optional team walking or step challenge.
- Invite team members to share favorite outdoor activities, local trails, or wellness routines.

[Connection Jar Cards →](#) 

July 2026 ▼

Movement, Teamwork & Communication

Professional Development

R00: The Practice of Honest Communication

Provider: R00 | July 8, 2026

[Original Event Page →](#)

Wellness & Team Growth Ideas

- **Walking Challenge:** Use the printable tracker for an optional individual or team walking

challenge.

- Encourage a short walk outside or outdoor lunch break when possible.
- Recognize a coworker who demonstrates teamwork or encourages others.
- Share ways to stay active and recharge outside of work.

[Walking Challenge Tracker →](#) 📄

[July Team Activity Ideas →](#) 📄

August 2026 ▼

Sharing Knowledge & Building Skills

Wellness & Team Growth Ideas

- **Five-Minute Learning Moment:** Invite a team member to share a helpful tip or demonstrate a skill.
- Encourage coworkers to share knowledge and learn from different roles within the hospital.
- Share a favorite professional development resource or learning opportunity.
- Recognize someone who takes time to teach or mentor others.

September 2026 ▼

Wellness Habits & Team Support

Wellness & Team Growth Ideas

- **Wellness Jar Pull:** Fill a jar with simple wellness prompts and invite team members to choose one.
- Encourage brief breaks for stretching, hydration, or fresh air.
- Share a positive habit or stress-management tip with the team.
- Recognize someone who helped make another team member's day easier.

October 2026 ▼

Excellence, Learning & Teamwork

Professional Development

R00: Level Up: Veterinary Nurses and Technicians

Hosted by: VetFolio | October 19 - 22, 2026

[Original Event Page →](#)

<https://www.vetfolio.com/pages/levelup>

Wellness & Team Growth Ideas

- Celebrate team members who demonstrate excellence in patient care, service, or teamwork.
- Host a quick veterinary trivia activity to encourage learning together.
- Invite coworkers to share a clinical tip, technique, or workplace best practice.
- Recognize a team achievement or new skill learned during the month.

November 2026 ▼

Gratitude & Connection

Wellness & Team Growth Ideas

- Create a gratitude board for team members to leave positive notes for coworkers.
- Invite everyone to share something they appreciate about the team.
- Recognize small wins and everyday acts of kindness.
- Share simple ways to recharge and prioritize personal well-being.

December 2026 ▼

Reflection, Celebration & Growth

Wellness & Team Growth Ideas

- Celebrate team accomplishments and milestones from the year.
- Invite coworkers to share a favorite team memory or learning moment.
- Recognize someone who supported their professional growth.
- Encourage team members to share a goal or something they're excited to learn next year.

CE and professional development resources are listed under their original offering dates. Registration and availability may vary. Wellness activities are optional ideas that can be adapted to fit each hospital's schedule and team.
