

# BHTC 2023 WELLNESS CALENDAR

- Awareness Observance Dates
- Wellness Challenge
- Wellness Presentation
- HRA/Quarterly Reward Points Dates
- Other

## JAN

### Patient Experience & Empowerment

- National Drugs & Alcohol Facts Week: 1/20 - 1/26

## MAR

### Practical Nutrition & Your Relationship with Food

- Neurodiversity Celebration Week: 3/21 - 3/27
- Q1 Reward Points Due: 3/31
- Positive Outlook: 3/1 - 3/15

## MAY

### All About Allergies

- Women's Health Month
- Mental Health Awareness Week: 5/10 - 5/16

## JUL

### Hearing Loss & Ear Safety

- UV Safety Month
- International Self-Care Day: 7/24
- Hydration Station: 7/3 - 7/17

## SEP

### Ergonomics, Posture, & Reducing Pain

- Pain Awareness Month
- Q3 Reward Points Due: 9/30
- Nutrition 101: 9/4 - 9/29

## NOV

### Perfectionism & OCD

- American Diabetes Month
- World Diabetes Day: 11/14

## FEB

### The Cost of Health & Self-Investment

- Wear Red Day: 2/5
- African Heritage & Health Week: 2/1 - 2/7
- Find Your Motivation: 2/15, 12:00 - 1:00 PM

## APR

### The Environment & You

- National Oral Health Month
- Earth Day: 4/22
- Strive Corporate Challenge: 4/3 - 4/21

## JUN

### Children's Mental Health

- National Migraine & Headache Awareness Month
- Q2 Reward Points Due: 6/30

## AUG

### Cannabis: Reducing Harm

- International Overdose Awareness Day: 8/31
- Nutrition 101: 8/29, 12:00 - 1:00 PM

## OCT

### Disillusionment, Community Action, & Self-Care

- World Food Day: 10/16

## DEC

### Disconnect & Reconnect (To Your Youth)

- Human Rights Day: 12/10
- 'Maintain Don't Gain: 12/4 - 12/29