

Monthly Webinar Topic

Awareness Observance Dates

Wellness Challenge

Wellness Presentation

HRA/Quarterly Reward Points Dates

Other



<div>JANUARY</div> <div><div>Designing Your Best Year Yet: Total Well-Being and Effective Goal Setting: 1/31, 12:00-12:30 PM EST</div><div>National Blood Donor Month</div></div>	<div>FEBRUARY</div> <div><div>The Power of Sleep: Unlocking the Secrets to Restful Nights and Energized Days: 2/28, 12:00-12:30 PM EST</div><div>Snooze or Lose Wellness Challenge: 2/12-2/23</div><div>Self-Love Day: 2/13</div></div>	<div>MARCH</div> <div><div>Spring Cleaning for Your Mind and Body: Decluttering and Detoxifying: 3/27, 12:00-12:30 PM EST</div><div>International Women’s Day: 3/8</div><div>Strive Meditation Moments: 3/13, 2:30-3:00 PM EST</div><div>Q1 Rewards Points Due: 3/31</div></div>
<div>APRIL</div> <div><div>Wellness Without Labels: Embracing Neurodiversity as a Strength: 4/24, 12:00-12:30 PM</div><div>Autism Awareness Day: 4/2, Autism Awareness Month</div></div>	<div>MAY</div> <div><div>Gardening for Wellness: Cultivating Mindfulness and Connection with Nature: 5/29, 12:00-12:30 PM EST</div><div>Kapnick Strive Corporate Challenge: 5/8-5/29</div><div>Navigating FAD Diets Wellness Presentation: 5/14</div><div>World Bee Day: 5/20</div></div>	<div>JUNE</div> <div><div>Wander Freely, Stress Less: Strategies to Reduce Stress on the Go: 6/26, 12:00-12:30 PM EST</div><div>World Ocean Day: 6/8</div><div>Strive Meditation Moments: 6/12, 2:30-3:00 PM EST</div><div>Q2 Rewards Points Due: 6/30</div></div>
<div>JULY</div> <div><div>The Wellness Spectrum: Exploring the Science behind Mainstream and Alternative Practices: 7/31, 12:00-12:30 PM EST</div><div>No Time like the Pleasant Wellness Challenge: 7/8-7/26</div><div>International Day of Friendship: 7/30</div></div>	<div>AUGUST</div> <div><div>The Cashless Era: Shaping the Future of Transactions and Financial Wellness: 8/28, 12:00-12:30 PM EST</div><div>National Financial Awareness Day: 8/14</div></div>	<div>SEPTEMBER</div> <div><div>Digital Detox: Finding Balance in the Digital Age: 9/25, 12:00-12:30 PM EST</div><div>Childhood Obesity Awareness Month</div><div>Strive Meditation Moments: 9/11, 2:30-3:00 PM EST</div><div>Q3 Rewards Points Due: 9/30</div></div>
<div>OCTOBER</div> <div><div>Embracing the Seasons: Thriving Despite Seasonal Affective Disorder: 10/30, 12:00-12:30 PM EST</div><div>Breast Cancer Awareness Month</div><div>Nutrition 101 Wellness Challenge: 10/7-10/18</div></div>	<div>NOVEMBER</div> <div><div>Resilience in the Season of Colds and Flu: Developing Healthy Habits: 11/20, 12:00-12:30 PM EST</div><div>Diabetes Awareness Month</div><div>Managing Mental Health Holiday Edition Wellness Presentation: 11/19</div></div>	<div>DECEMBER</div> <div><div>Cultivating Joy, Reducing Holiday Pressure and Managing Expectations: 12/18, 12:00-12:30 PM EST</div><div>International Day of Persons with Disabilities: 12/3</div><div>Hydration Station Wellness Challenge: 12/3-12/17</div><div>Strive Meditation Moments: 12/11, 2:30-3:00 PM EST</div><div>Q4 Rewards Points Due: 12/31</div></div>