

Monthly Webinar Topic

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



# 2024

## JANUARY

**Designing Your Best Year Yet: Total Well-Being and Effective Goal Setting: 1/31, 12:00-12:30 PM EST**

National Blood Donor Month

Substance Abuse, Overdose Awareness, and Prevention: 1/18, 11:30 AM - 12:30 PM

## FEBRUARY

**The Power of Sleep: Unlocking the Secrets to Restful Nights and Energized Days: 2/28, 12:00-12:30 PM EST**

Self-Love Day: 2/13

Be Kind for Your Mind: 2/1 - 2/15

## MARCH

**Spring Cleaning for Your Mind and Body: Decluttering and Detoxifying: 3/27, 12:00-12:30 PM EST**

International Women's Day: 3/8

Navigating Fad Diets: 3/28, 11:30 AM - 12:30 PM

Q1 Reward Points Due: 6/30

## APRIL

**Wellness Without Labels: Embracing Neurodiversity as a Strength: 4/24, 12:00-12:30 PM EST**

Autism Awareness Day: 4/2, Autism Awareness Month

Arr Matey, Lose Yer Booty: 4/1 - 4/15

## MAY

**Gardening for Wellness: Cultivating Mindfulness and Connection with Nature: 5/29, 12:00-12:30 PM EST**

World Bee Day: 5/20

6th Annual Strive Corporate Challenge: 5/8 - 5/29

Sugar Busters: 5/16, 11:30 AM - 12:30 PM

## JUNE

**Wander Freely, Stress Less: Strategies to Reduce Stress on the Go: 6/26, 12:00-12:30 PM EST**

World Ocean Day: 6/8

Summer Fun: 6/1 - 6/15

Health Screenings

Q2 Reward Points Due: 6/30

## JULY

**The Wellness Spectrum: Exploring the Science behind Mainstream and Alternative Practices: 7/31, 12:00-12:30 PM EST**

International Day of Friendship: 7/30

Health Screenings

## AUGUST

**The Cashless Era: Shaping the Future of Transactions and Financial Wellness: 8/28, 12:00-12:30 PM EST**

National Financial Awareness Day: 8/14

## SEPTEMBER

**Digital Detox: Finding Balance in the Digital Age: 9/25, 12:00-12:30 PM EST**

Childhood Obesity Awareness Month

Hydration Station: 9/1 - 9/15

Q3 Reward Points Due: 9/30

Health Benefits of a Good Night's Sleep: 9/5, 11:30 AM - 12:30 PM

## OCTOBER

**Embracing the Seasons: Thriving Despite Seasonal Affective Disorder: 10/30, 12:00-12:30 PM EST**

Breast Cancer Awareness Month

Save Up!: 10/15 - 11/30

## NOVEMBER

**Resilience in the Season of Colds and Flu: Developing Healthy Habits: 11/20, 12:00-12:30 PM EST**

Diabetes Awareness Month

Save Up!: 10/15 - 11/30

## DECEMBER

**Cultivating Joy, Reducing Holiday Pressure and Managing Expectations: 12/18, 12:00-12:30 PM EST**

International Day of Persons with Disabilities: 12/3

Q4 Reward Points Due: 12/31