

## 2025 PROGRAM CALENDAR



Strive			The Future is Riding on AJAX.
JANUARY		FEBRUARY	MARCH
• NEW BEGINNINGS: 1/29, 12:00- 12:30 PM EST		• GUT HEALTH: 2/26, 12:00-12:30 PM EST	• THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST
			MEDITATION MOMENT: 3/12, 2:00- 2:30 PM EST
		• SNOOZE OR LOSE: 2/6-3/6	• SNOOZE OR LOSE: 2/6-3/6
			• Q1 POINTS DUE: 3/31
APRIL		MAY	JUNE
• EPIGENETIC WE 12:00-12:30 PM E		• HEALTH TUNE-UP: 5/28, 12:00- 12:30 PM EST	• WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST
		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28	<ul> <li>MEDITATION MOMENT: 6/11, 2:00- 2:30 PM EST</li> </ul>
			• Q2 POINTS DUE: 6/30
JUI	LY	AUGUST	SEPTEMBER
• EMOTIONAL INTE 12:00-12:30 PM E		• PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST	• EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
WACKY WORLD (			
8/6	JF SPURIS: //9-	• WACKY WORLD OF SPORTS: 7/9- 8/6	• MEDITATION MOMENT: 9/10, 2:00- 2:30 PM EST
<ul><li>8/6</li><li>METABOLISM 10<sup>2</sup></li></ul>			MEDITATION MOMENT: 9/10, 2:00-
			MEDITATION MOMENT: 9/10, 2:00- 2:30 PM EST
			MEDITATION MOMENT: 9/10, 2:00- 2:30 PM EST     PRE-HEALTH SCREENING
	1		<ul> <li>MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST</li> <li>PRE-HEALTH SCREENING</li> <li>FACE TO FACE: 9/2-9/30</li> </ul>
METABOLISM 10 <sup>2</sup>	BER (LLY: 10/29,	8/6	<ul> <li>MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST</li> <li>PRE-HEALTH SCREENING</li> <li>FACE TO FACE: 9/2-9/30</li> <li>Q3 POINTS DUE: 9/30</li> </ul>
• METABOLISM 102  OCTO  • AGING GRACEFU	1 BER LLY: 10/29, EST	NOVEMBER  • MINDFUL CONSUMPTION: 11/19,	<ul> <li>MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST</li> <li>PRE-HEALTH SCREENING</li> <li>FACE TO FACE: 9/2-9/30</li> <li>Q3 POINTS DUE: 9/30</li> <li>DECEMBER</li> <li>CRYOTHERAPY: 12/17, 12:00-12:30</li> </ul>
• METABOLISM 102  OCTO  • AGING GRACEFU 12:00-12:30 PM E	BER LLY: 10/29, EST CHALLENGE:	NOVEMBER  • MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST  • HEALTHY BRAIN CHALLENGE:	<ul> <li>MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST</li> <li>PRE-HEALTH SCREENING</li> <li>FACE TO FACE: 9/2-9/30</li> <li>Q3 POINTS DUE: 9/30</li> <li>DECEMBER</li> <li>CRYOTHERAPY: 12/17, 12:00-12:30 PM EST</li> <li>MEDITATION MOMENT: 12/10,</li> </ul>
• METABOLISM 102  OCTO  • AGING GRACEFU 12:00-12:30 PM 6  • HEALTHY BRAIN 10/28-11/25	BER LLY: 10/29, EST CHALLENGE: NINGS LIFE: THE POWER	NOVEMBER  • MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST  • HEALTHY BRAIN CHALLENGE: 10/28-11/25	<ul> <li>MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST</li> <li>PRE-HEALTH SCREENING</li> <li>FACE TO FACE: 9/2-9/30</li> <li>Q3 POINTS DUE: 9/30</li> <li>DECEMBER</li> <li>CRYOTHERAPY: 12/17, 12:00-12:30 PM EST</li> <li>MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST</li> </ul>