

Strive Monthly Webinar Topic
(Monthly, on the last Wednesday, 12-12:30 PM EST, unless specified otherwise)

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



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2024

JANUARY

**Designing Your Best Year Yet:
Total Well-Being and Effective Goal Setting**

National Blood Donor Month

FEBRUARY

**The Power of Sleep:
Unlocking the Secrets to Restful Nights and Energized Days**

Power Meals Presentation (Recording)

Them Bones Wellness Challenge: 2/13 - 2/27

Self-Love Day: 2/13

MARCH

**Spring Cleaning for Your Mind and Body:
Decluttering and Detoxifying**

International Women's Day: 3/8

Meditation Moments: 3/13 from 2:00 - 2:30 PM EST

Q1 Reward Points Due: 3/31

APRIL

Wellness Without Labels: Embracing Neurodiversity as a Strength

Autism Awareness Day: 4/2, Autism Awareness Month

MAY

**Gardening for Wellness:
Cultivating Mindfulness and Connection with Nature**

Bone Health Presentation (Recording)

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

World Bee Day: 5/20

JUNE

Wander Freely, Stress Less: Strategies to Reduce Stress on the Go

World Ocean Day: 6/8

Meditation Moments: 6/12 from 2:00 - 2:30 PM EST

Q2 Reward Points Due: 6/30

JULY

**The Wellness Spectrum:
Exploring the Science behind Mainstream and Alternative Practices**

No Time Like the Pleasant Challenge: 7/18 - 8/1

International Day of Friendship: 7/30

AUGUST

**The Cashless Era:
Shaping the Future of Transactions and Financial Wellness**

Feeding Your Microbiome Presentation (Recording)

National Financial Awareness Day: 8/14

SEPTEMBER

Digital Detox: Finding Balance in the Digital Age

Childhood Obesity Awareness Month

Save Up! Wellness Challenge: 9/5 - 10/10

Meditation Moments: 9/11 from 2:00 - 2:30 PM EST

Q3 Reward Points Due: 9/30

OCTOBER

**Embracing the Seasons:
Thriving Despite Seasonal Affective Disorder**

Health Screening Season Begins

Breast Cancer Awareness Month

Home Remedies Wellness Presentation (Recording)

NOVEMBER

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

Diabetes Awareness Month

Maintain Don't Gain Wellness Challenge: 11/4 - 11/22

DECEMBER

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

International Day of Persons with Disabilities: 12/3

Meditation Moments: 12/11 from 2:00 - 2:30 PM EST

Q4 Reward Points Due: 12/31