

Monthly Webinar Topic
Awareness Observance Dates
Wellness Challenge
Wellness Presentation
HRA/Quarterly Reward Points Dates
Other



Kapnick
Strive

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

Self-Love Day: 2/13

MARCH

Spring Cleaning for Your Mind and Body: Decluttering and Detoxifying

Be Kind- for Your Mind! Wellness Challenge: 3/4-3/18

International Women's Day: 3/8

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

Q1 Rewards Points Due 3/31

APRIL

Wellness Without Labels: Embracing Neurodiversity as a Strength

Autism Awareness Day: 4/2, Autism Awareness Month

Managing Mental Health Wellness Presentation 4/17

MAY

Gardening for Wellness: Cultivating Mindfulness and Connection with Nature

Kapnick 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

Strive Mediation Moments: 6/12, 2:30-3:00PM EST

Q2 Rewards Points Due 6/30

JULY

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

Amazing America Wellness Challenge: 7/8-7/19

International Day of Friendship: 7/30

AUGUST

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

National Financial Awareness Day: 8/14

Your Total Wellbeing Matters Wellness Presentation: 8/20

SEPTEMBER

Digital Detox: Finding Balance in the Digital Age

Childhood Obesity Awareness Month

No Time like the Pleasant Wellness Challenge: 9/9-9/27

Strive Meditation Moments: 9/11, 2:30-3:00 PM, EST

Q3 Rewards Points Due 9/30

OCTOBER

Embracing the Seasons: Thriving Despite Seasonal Affective Disorder

Breast Cancer Awareness Month

NOVEMBER

Resilience in the Season of Colds and Flu: Developing Healthy Habits

Diabetes Awareness Month

DECEMBER

Cultivating Joy, Reducing Holiday Pressure and Managing Expectations

Eat the Rainbow Wellness Challenge : 12/2-12/20

International Day of Persons with Disabilities: 12/3

Strive Meditation Moments: 12/11, 2:30-3:00 PM EST

Q4 Rewards Points Due: 12/31

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2025

JANUARY

Eat the Rainbow Wellness Challenge: 1/6-1/20

FEBRUARY

Stress Busters Wellness Presentation 2/5

Brush Up! Wellness Challenge 2/11-2/25

MARCH

Q1 Reward Points Due: 3/31