

Monthly Webinar Topic

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: 1/21, 12:00-12:30 PM EST

National Blood Donor Month

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

Your Total Wellbeing Matters Wellness Presentation: 2/6, 2-3 PM

Snooze or Lose Wellness Challenge: 2/12 - 2/23

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

Q1 Rewards Points Due: 3/31

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

MAY

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

World Bee Day: 5/20

Kapnick Strive Corporate Challenge 5/8-5/29

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

The Healthy Traveler: 6/13, 2-3 PM

Q2 Rewards Points Due: 6/30

Hydration Station Wellness Challenge: 6/18-7/2

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

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

Amazing America Wellness Challenge:8/5-8/19

SEPTEMBER

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

Childhood Obesity Awareness Month

Q3 Rewards Points Due: 9/30

OCTOBER

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

Breast Cancer Awareness Month

The Beat Goes On Wellness Challenge: 10/7-10/18

NOVEMBER

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

Diabetes Awareness Month

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 Rewards Points Due: 12/31