

CHALLENGE

PRESENTATION

MONTHLY WEBINAR

REWARD DEADLINE

OTHER



2025 PROGRAM CALENDAR



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
SETTING GOALS AND STICKING TO IT: 1/8, 3:00-4:00 PM, EST		FLEX YOUR FLEXIBILITY: 3/3-3/31
		MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
		Q1 POINTS DUE: 3/31
APRIL	MAY	JUNE
EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST	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	FIVE WITH STRIVE: WHAT'S IN MY CART?
		MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
		Q2 POINTS DUE: 6/30
JULY	AUGUST	SEPTEMBER
EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST	PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST	EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
	SUGAR BUSTERS: 8/20, 3:00-4:00 PM, EST	ONE MONTH MADNESS: 9/3-9/30
		MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
		Q3 POINTS DUE: 9/30
OCTOBER	NOVEMBER	DECEMBER
AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST	MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST	CRYOTHERAPY: 12/17, 12:00-12:30 PM EST
	GRATITUDE CHALLENGE: 11/3-12/1	MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST
		Q4 POINTS DUE: 12/31