

CHALLENGE

PRESENTATION

MONTHLY
WEBINARREWARD
DEADLINEMEDITATION
MOMENT

OTHER



2025 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> GUT HEALTH: 2/26, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST
	<ul style="list-style-type: none"> ONE MONTH MADNESS: 2/3 - 2/28 	<ul style="list-style-type: none"> MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> SUBSTANCE ABUSE, OVERDOSE AWARENESS, & PREVENTION: 3/11, 12:00 - 1:00 PM EST
		<ul style="list-style-type: none"> Q1 POINTS DUE: 3/31
APRIL	MAY	JUNE
<ul style="list-style-type: none"> EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST
	<ul style="list-style-type: none"> 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28 	<ul style="list-style-type: none"> MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> POWER MEALS: 6/10, 12:00 - 1:00 PM EST
		<ul style="list-style-type: none"> Q2 POINTS DUE: 6/30
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
<ul style="list-style-type: none"> ROUTE 66: 7/3 - 7/31 	<ul style="list-style-type: none"> ORAL HEALTH: 8/26, 12:00 - 1:00 PM EST 	<ul style="list-style-type: none"> MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> BRUSH UP!: 9/1 - 9/15
		<ul style="list-style-type: none"> Q3 POINTS DUE: 9/30
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> CRYOTHERAPY: 12/17, 12:00-12:30 PM EST
	<ul style="list-style-type: none"> GRATITUDE CHALLENGE: 11/3 - 11/24 	<ul style="list-style-type: none"> MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> BREAKING BURNOUT: 12/9, 12:00 - 1:00 PM EST
		<ul style="list-style-type: none"> WELL-VISIT DEADLINE: 12/12
		<ul style="list-style-type: none"> Q4 POINTS DUE: 12/19