

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



2024

JANUARY

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

National Blood Donor Month

Health Screenings: *schedules will open on 1/2*

- 1/10 - Akron Plant - 7:00 AM - 9:30 AM EST
- 1/11 - Pigeon (Main Office) - 7:00 AM - 11:00 AM EST
- 1/12 - Ruth Plant - 7:00 AM - 9:30 AM EST

FEBRUARY

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

Aging and Your Health Presentation: Recording

Health Screening Deadline: 2/1

Self-Love Day: 2/13

Deadline to enroll into RAS Health Coaching Program: 2/29

MARCH

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

International Women's Day: 3/8

Healthy Brain Challenge: 3/12 - 3/26

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

APRIL

Wellness Without Labels: Embracing Neurodiversity as a Strength

Autism Awareness Day: 4/2, Autism Awareness Month

Deadline to complete RAS Health Coaching Program: 4/30

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

JULY

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

International Day of Friendship: 7/30

AUGUST

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

Safety Days - Dates and Times TBD

What's In My Cart? Presentation: Recording

Summer Fun Wellness Challenge: 8/1 - 8/15

National Financial Awareness Day: 8/14

SEPTEMBER

Digital Detox: Finding Balance in the Digital Age

Childhood Obesity Awareness Month

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

OCTOBER

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

Breast Cancer Awareness Month

Financial Wellness Presentation: Recording

Save Up Wellness Challenge: 10/15 - 11/19

NOVEMBER

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

Diabetes Awareness Month

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