

**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

Healthy Brain Challenge: 2/13 - 2/27

Self-Love Day: 2/13

Deadline to enroll into RAS Health Coaching Program: 2/30

## MARCH

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

International Women's Day: 3/8

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