



2025 PROGRAM CALENDAR

JANUARY

- NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST

• HEALTH SCREENINGS

- AKRON: 1/22, 7-10:30 AM
3615 DAVIS ST. AKRON, MI

- PIGEON: 1/23, 7-10:30 AM
7211 E MICHIGAN AVE, PIGEON, MI

- RUTH PLANT: 1/24, 7-10:30 AM
4600 RUTH RD. RUTH, MI

FEBRUARY

- GUT HEALTH: 2/26, 12:00-12:30 PM EST

- **SAFETY DAYS:** 2/5 & 2/6,
FRANKLIN INN, 1070 E HURON AVE,
BAD AXE, MI 48413

- SNOOZE OR LOSE: 2/6-3/6

- POST-HEALTH SCREENING

MARCH

- THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST

- MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST

- SLEEP SMARTER: THE KEY TO BETTER HEALTH & PERFORMANCE

APRIL

- EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST

MAY

- HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST

- 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28

- GUT INSTINCTS: OPTIMIZING YOUR MICROBIOME

JUNE

- WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST

- MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST

JULY

- EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST

- AMAZING AMERICA: 7/15-8/12

- ELEVATE YOUR LIFE: THE POWER OF TOTAL WELL-BEING

AUGUST

- PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST

SEPTEMBER

- EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST

- MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST

OCTOBER

- AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST

NOVEMBER

- MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST

- ONE MONTH MADNESS: 11/3-12/1

- PROTECT YOUR ASSETS: BACK HEALTH AND INJURY PREVENTION ON THE JOB

DECEMBER

- CRYOTHERAPY: 12/17, 12:00-12:30 PM EST

- MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST