

Strive Monthly Webinar Topic
Awareness Observance Dates
Wellness Challenge
Wellness Presentation
HRA/Quarterly Reward Points Dates
Other

DETROIT  
HISTORICAL  
SOCIETY



2024

JANUARY

**Designing Your Best Year Yet: Total Well-Being and Effective Goal Setting: 1/31, 12:00-12:30 PM EST**

National Blood Donor Month

FEBRUARY

**The Power of Sleep: Unlocking the Secrets to Restful Nights and Energized Days: 2/28, 12:00-12:30 PM EST**

Self-Love Day: 2/13

Happy Healthy Heart: 2/28 at Noon

MARCH

**Spring Cleaning for Your Mind and Body: Decluttering and Detoxifying: 3/27, 12:00-12:30 PM EST**

The Beat Goes On!: 3/4 - 3/15

International Women's Day: 3/8

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

Q1 Reward Points Due: 3/31

APRIL

**Wellness Without Labels: Embracing Neurodiversity as a Strength: 4/24, 12:00-12:30 PM EST**

Autism Awareness Day: 4/2, Autism Awareness Month

MAY

**Gardening for Wellness: Cultivating Mindfulness and Connection with Nature: 5/29, 12:00-12:30 PM EST**

Kapnick Strive Corporate Challenge: 5/8-5/29

Financial Wellness Presentation 5/13

World Bee Day: 5/20

JUNE

**Wander Freely, Stress Less: Strategies to Reduce Stress on the Go: 6/26, 12:00-12:30 PM EST**

World Ocean Day: 6/8

Strive Meditation Moments: 6/12, 2:30-3:00 PM EST

Q2 Reward Points Due: 6/30

JULY

**The Wellness Spectrum: Exploring the Science behind Mainstream and Alternative Practices: 7/31, 12:00-12:30 PM EST**

International Day of Friendship: 7/30

AUGUST

**The Cashless Era: Shaping the Future of Transactions and Financial Wellness: 8/28, 12:00-12:30 PM EST**

Summer Fun: 8/12 - 8/23

National Financial Awareness Day: 8/14

SEPTEMBER

**Digital Detox: Finding Balance in the Digital Age: 9/25, 12:00-12:30 PM EST**

Childhood Obesity Awareness Month

Strive Meditation Moments: 9/11 2:30-3:00 PM EST

Q3 Reward Points Due: 9/30

OCTOBER

**Embracing the Seasons: Thriving Despite Seasonal Affective Disorder: 10/30, 12:00-12:30 PM EST**

Breast Cancer Awareness Month

NOVEMBER

**Resilience in the Season of Colds and Flu: Developing Healthy Habits: 11/20, 12:00-12:30 PM EST**

Diabetes Awareness Month

Maintain, Don't Gain: 11/18 - 12/6

DECEMBER

**Cultivating Joy, Reducing Holiday Pressure and Managing Expectations: 12/18,12:00-12:30 PM EST**

International Day of Persons with Disabilities: 12/3

Strive Meditation Moments: 12/11, 2:30-3:00 PM EST

Q4 Rewards Points Due: 12/31