

Monthly Webinar Topic

- 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: 1/31, 12:00-12:30 PM EST**

National Blood Donor Month

The Positive Effects of Inclusion on Employee Well-being: 1/30, 12:00 - 1:00 PM EST

# 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

The Beat Goes On: 2/12 - 3/11

# MARCH

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

International Women's Day: 3/8

Snooze or Lose: 2/12 - 3/11

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

Stress Busters: 4/4, 12:00 - 1:00 PM EST

Health Screenings

# MAY

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

World Bee Day: 5/20

6th Annual Strive Corporate Challenge: 5/8 - 5/29

# 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

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

The Healthy Traveler: 7/4, 12:00 - 1:00 PM EST

Hydration Station: 7/1 - 7/29

# AUGUST

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

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

Flex Your Flexibility: 9/2 - 9/30

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

Substance Abuse, Overdose Awareness, and Prevention: 10/3, 12:00 - 1:00 PM EST

# NOVEMBER

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

Diabetes Awareness Month

Gratitude Challenge: 11/18 - 12/16

# 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

Gratitude Challenge: 11/18 - 12/16

Q4 Reward Points Due: 12/31