

Monthly Webinar Topic

- Awareness Observance Dates
- Wellness Challenge
- Wellness Presentation
- HRA/Quarterly Reward Points Dates
- Other



Kapnick



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

Snooze or Lose Wellness Challenge 2/12-2/23

Self-Love Day: 2/13

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

Health Benefits of a Good Night's Sleep: 3/12, 12PM-1PM, EST

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

Q1 Rewards 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

Your Total Wellbeing Matters Wellness Presentation 4/16, 12-1PM EST

MAY

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

World Bee Day: 5/20

Kapnick 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

Navigating FAD Diets Wellness Presentation: 6/4, 12PM-1PM

World Ocean Day: 6/8

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

Q2 Rewards Points Due 6/30

JULY

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

Hydration Station Wellness Challenge: 7/8-7/22

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

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 Rewards 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

Happy Healthy Heart Wellness Presentation: 10/8, 12-1PM EST

The Beat Goes on Wellness Challenge: 10/14-11/1

NOVEMBER

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

Diabetes Awareness Month

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

Be Kind, For Your Mind! Wellness Challenge: 12/9-12/30

Q4 Rewards Points Due 12/31