

Monthly Webinar Topic

Awareness Observance Dates

Wellness Challenge

Wellness Presentation

HRA/Quarterly Reward Points Dates

Other



ASPIRE
Eat well. Be well. Live well.

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

Going for Growth: 2/5 - 2/29

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

Lifestyle, Not a Diet: Recorded

Q1 Reward Points Due: 3/29

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

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: 6/28

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

Summer Fun: 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

Navigating Fad Diets: Recorded

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

One Month Madness: 10/1 - 10/29

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

Gratitude Challenge: 12/2 - 12/23

Q4 Reward Points Due: 12/31