

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



Kapnick  
Strive

2024

JANUARY

<b>Designing Your Best Year Yet: Total Well-Being and Effective Goal Setting: 1/31, 12:00-12:30 PM EST</b>
National Blood Donor Month
Be Kind- For Your Mind! Wellness Challenge: 1/8-1/22

FEBRUARY

<b>The Power of Sleep: Unlocking the Secrets to Restful Nights and Energized Days: 2/28, 12:00-12:30 PM EST</b>
Self Love Day: 2/13

MARCH

<b>Spring Cleaning for Your Mind and Body: Decluttering and Detoxifying: 3/27, 12:00-12:30 PM EST</b>
International Women's Day: 3/8
Going for Growth Wellness Challenge: 3/5-3/19
Strive Meditation Moments: 3/13, 2:30-3:00 PM EST
Q1 Rewards Points Due 3/31

APRIL

<b>Wellness Without Labels: Embracing Neurodiversity as a Strength: 4/24, 12-12:30 PM EST</b>
Autism Awareness Day: 4/2, Autism Awareness Month
Find Your Motivation Wellness Presentation: 4/25, 10AM-11AM EST

MAY

<b>Gardening for Wellness: Cultivating Mindfulness and Connection with Nature: 5/29, 12:00-12:30 PM EST</b>
Kapnick Strive Corporate Challenge: 5/8-5/29
World Bee Day: 5/20

JUNE

<b>Wander Freely, Stress Less: Strategies to Reduce Stress on the Go: 6/26, 12:00-12:30 PM EST</b>
World Ocean Day: 6/8
Strive Meditation Moments: 6/12, 2:30-3:00 PM EST
Q2 Rewards Points Due: 6/30

JULY

<b>The Wellness Spectrum: Exploring the Science behind Mainstream and Alternative Practices: 7/31, 12:00-12:30 PM EST</b>
International Day of Friendship: 7/30

AUGUST

<b>The Cashless Era: Shaping the Future of Transactions and Financial Wellness: 8/28, 12:00-12:30 PM EST</b>
Around the World Wellness Challenge: 8/5-8/19
National Financial Awareness Day: 8/14

SEPTEMBER

<b>Digital Detox: Finding Balance in the Digital Age: 9/25, 12:00-12:30 PM EST</b>
Childhood Obesity Awareness Month
Strive Meditation Moments: 9/11, 2:30-3:00 PM EST
Q3 Rewards Points Due: 9/30

OCTOBER

<b>Embracing the Seasons: Thriving Despite Seasonal Affective Disorder: 10/30, 12:00-12:30 PM EST</b>
Breast Cancer Awareness Month

NOVEMBER

<b>Resilience in the Season of Colds and Flu: Developing Healthy Habits: 11/20, 12:00-12:30 PM EST</b>
Diabetes Awareness Month
Navigating Fad Diets Wellness Presentation: 11/7, 10AM-11AM EST

DECEMBER

<b>Cultivating Joy, Reducing Holiday Pressure and Managing Expectations: 12/18, 12:00-12:30 PM EST</b>
Nutrition 101 Wellness Challenge 12/2-12/13
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