

CHALLENGE

PRESENTATION

MONTHLY WEBINAR

DEADLINE

OTHER



2025 PROGRAM CALENDAR



JANUARY

- NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST
- LAUNCH & YOUR TOTAL WELLBEING MATTERS: 1/29, 11:00 AM-12:00 PM (VIRTUAL)

FEBRUARY

- GUT HEALTH: 2/26, 12:00-12:30 PM EST
- WORKDAY WELLBEING: 2/3-3/2

MARCH

- THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST
- MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST

• Q1 BINGO DUE: 3/31

APRIL

- EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST
- SLEEP MATTERS: 4/8, 11:00 AM - 12:00 PM EST
- AROUND THE WORLD: 4/7 - 5/4

MAY

- HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST

JUNE

- WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST
- MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST

• Q2 BINGO DUE: 6/30

JULY

- EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST
- SUGAR BUSTERS: 7/9, 11:00 AM - 12:00 PM EST
- STRIVE TO HYDRATE: 7/14-8/10

AUGUST

- PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST

SEPTEMBER

- EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
- MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST

• Q3 BINGO DUE: 9/30

OCTOBER

- AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST
- MANAGING MENTAL HEALTH: 10/29, 11:00 AM - 12:00 PM EST

NOVEMBER

- MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST
- MAINTAIN DON'T GAIN: 11/3-12/14

DECEMBER

- CRYOTHERAPY: 12/17, 12:00-12:30 PM EST
- MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST

• Q4 BINGO DUE: 12/19