

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



Kapnick
Strive

2024

JANUARY

Designing Your Best Year Yet: Total Well-Being and Effective Goal Setting

- National Blood Donor Month
- Kapnick Strive Kick-Off Event
 - Jan 11: A: 1:30 – 2:00 PM & 2:00 – 2:30 PM / B: 2:30 – 3:00 PM & 3:00 – 3:30 PM
 - Jan 12: C: 4:30 – 5:00 PM / D: 5:00 – 5:30 PM

FEBRUARY

The Power of Sleep: Unlocking the Secrets to Restful Nights and Energized Days

- Self-Love Day: 2/13
- Hydration Station Wellness Challenge: 2/5-2/16

MARCH

Spring Cleaning for Your Mind and Body: Decluttering and Detoxifying

- International Women's Day: 3/8
- Strive Meditation Moments: 3/13, 2:30-3:00 PM EST
- Breaking Burnout Wellness Presentation - 3/27 at 12:00 PM EST
- Q1 Reward Points Due: 3/31

APRIL

Wellness Without Labels: Embracing Neurodiversity as a Strength

- Autism Awareness Day: 4/2, Autism Awareness Month

MAY

Gardening for Wellness: Cultivating Mindfulness and Connection with Nature

- Kapnick Strive Corporate Challenge: 5/8-5/29
- World Bee Day: 5/20

JUNE

Wander Freely, Stress Less: Strategies to Reduce Stress on the Go

- World Ocean Day: 6/8
- Strive Meditation Moments: 6/12, 2:30-3:00 PM EST
- Q2 Reward Points Due: 6/30

JULY

The Wellness Spectrum: Exploring the Science behind Mainstream and Alternative Practices

- Summer Fun: 7/9-7/23
- International Day of Friendship: 7/30

AUGUST

The Cashless Era: Shaping the Future of Transactions and Financial Wellness

- Your Total Wellbeing Matters - 8/7 at Noon EST
- National Financial Awareness Day: 8/14

SEPTEMBER

Digital Detox: Finding Balance in the Digital Age

- Childhood Obesity Awareness Month
- Going for Growth Wellness Challenge: 9/10-9/24
- Strive Meditation Moments: 9/11, 2:30-3:00 PM EST
- Q3 Reward Points Due: 9/30

OCTOBER

Embracing the Seasons: Thriving Despite Seasonal Affective Disorder

- Breast Cancer Awareness Month

NOVEMBER

Resilience in the Season of Colds and Flu: Developing Healthy Habits

- Diabetes Awareness Month
- Maintain, Don't Gain: 11/18 - 12/6

DECEMBER

Cultivating Joy, Reducing Holiday Pressure and Managing Expectations

- International Day of Persons with Disabilities: 12/3
- Strive Meditation Moments: 12/11, 2:30-3:00 PM EST
- Q4 Reward Points Due: 12/31

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2025

JANUARY

FEBRUARY

MARCH

Eat the Rainbow Wellness Challenge: 2/5-2/19

Stress Busters Wellness Presentation: 2/5, 12PM-1PM, EST

Q1 Reward Points Due: 3/31