

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 Kickoff Event: 1/23 12:00 PM-1:00 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  
Q1 Reward Points Due: 3/31  
Breaking Burnout Wellness Presentation - 3/13 at 12:00 PM EST  
Strive Meditation Moments: 3/13, 2:30-3:00 PM EST

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

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

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

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

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: 2/12, 12PM-1PM, EST

Q1 Reward Points Due: 3/31