

Monthly Webinar Topic

Awareness Observance Dates

Wellness Challenge

Wellness Presentation

HRA/Quarterly Reward Points Dates

Other



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

Your Total Well-being Matters: 1/24, 12:00 - 1:00 PM EST

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: 2/12 - 3/11

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

Going for Growth: 2/12 - 3/11

Q1 Reward Points Due: 3/31

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

Happy, Healthy Heart: 4/17, 12:00 - 1:00PM EST

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: 6/30

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

The Healthy Traveler: 7/24, 12:00 - 1:00 PM EST

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

Workday Wellbeing: 9/9 - 9/30

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

Mindfulness Meditation: 10/23, 12:00 - 1:00 PM EST

Health Screening

NOVEMBER

Resilience in the Season of Colds and Flu: Developing Healthy Habits: 11/20, 12:00-12:30 PM EST

Diabetes Awareness Month

Maintain Don't Gain: 11/18 - 12/30

Health Screening

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

Maintain Don't Gain: 11/18 - 12/30

Health Screening

Q4 Reward Points Due: 12/31