

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



2024

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
Nutrition 101 Wellness Challenge: 1/8-1/22

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

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
Save Up Wellness Challenge: 3/4-3/29
Strive Meditation Moments: 3/13, 2:30-3:00 PM, EST
Q1 Rewards 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

MAY

**Gardening for Wellness: Cultivating Mindfulness and Connection with Nature: 5/29, 12:00-12:30 PM, EST**

World Bee Day: 5/20
Find Your Motivation Wellness Presentation: 5/8, 12:00-1:00 PM, EST
Kapnick 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
Strive Meditation Moments: 6/12, 2:30-3:00 PM, EST
Q2 Rewards 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

AUGUST

**The Cashless Era: Shaping the Future of Transactions and Financial Wellness: 8/28, 12:00-12:30 PM, EST**

Amazing America Wellness Challenge: 8/6-8/20
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
Strive Meditation Moments: 9/11, 2:30-3:00 PM, EST
Q3 Rewards 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
Cancer Awareness Wellness Challenge: 10/7-10/21

NOVEMBER

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

Diabetes Awareness Month
Navigating FAD Diets Wellness Presentation 11/14, 12:00-1:00 PM, EST

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
Strive Meditation Moments: 12/11, 2:30-3:00 PM, EST
Q4 Rewards Points Due: 12/20