

Strive Monthly Webinar Topic
(Monthly, on the last Wednesday, 12-12:30 PM EST,
unless specified otherwise)



2024

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

National Blood Donor Month

FEBRUARY

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

Aging and Your Health Presentation: 2/8 from 12:00 - 1:00 PM EST; Virtual

Beat the Flu Challenge: 2/13 - 2/27

Self-Love Day: 2/13

MARCH

Spring Cleaning for Your Mind and Body:
Decluttering and Detoxifying

International Women's Day: 3/8

Meditation Moments: 3/13 from 2:00 - 2:30 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

Bone Health Presentation: 5/2 from 12:00 - 1:00 PM EST; Virtual and In-Person at Detroit Corporate Office

6th Annual 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

Meditation Moments: 6/12 from 2:00 - 2:30 PM EST

Q2 Reward Points Due: 6/30

JULY

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

Summer Fun Challenge: 7/18 - 8/1

International Day of Friendship: 7/30

AUGUST

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

Health Screening Season Begins

What's a Health Screening? & Financial Wellness Presentation:
8/1 from 12:00 - 1:30 PM EST; Virtual and In-Person at Detroit Corporate Office

National Financial Awareness Day: 8/14

SEPTEMBER

Digital Detox: Finding Balance in the Digital Age

Childhood Obesity Awareness Month

Financial Wellness Challenge: 9/5 - 10/10

Meditation Moments: 9/11 from 2:00 - 2:30 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
11/20 from 12 - 12:30 PM EST

Diabetes Awareness Month

Gratitude Challenge: 11/1 - 11/22

Managing Mental Health (Holiday Edition) Presentation:
11/14 from 12:00 - 1:00 PM EST; Virtual

DECEMBER

Cultivating Joy, Reducing Holiday Pressure and Managing Expectations
12/18 from 12 - 12:30 PM EST

International Day of Persons with Disabilities: 12/3

Meditation Moments: 12/11 from 2:00 - 2:30 PM EST

Q4 Reward Points Due: 12/31