

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

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: 2/28, 12:00-12:30 PM EST

Self-Love Day: 2/13

Hydration Station Wellness Challenge: 2/5-2/16

# 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

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: 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

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: 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 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

Summer Fun: 7/9-7/23

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

Your Total Wellbeing Matters - 8/7 at Noon 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

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: 10/30, 12:00-12:30 PM EST

Breast Cancer Awareness Month

# 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 - 12/6

# 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 Reward Points Due: 12/31