



2024 Well-being Calendar

January

Fresh Start

Use the new year to reset your well-being goals.

WEBINAR:
The Power of SMART Goals

February

Heart Health

Unlock a healthier heart through nutrition and mindful movement.

WEBINAR: Effective Workouts Without Equipment

March

Nutrition

Discover the essential nutrients your body needs.

WEBINAR:
Solving the Protein Puzzle

April

Healthy Habits

See how small changes can translate into long-term improvements.

WEBINAR:
Intentional Living Made Simple

May

Brain Health

Improve your brain health with engaging activities.

WEBINAR:
Brainpower Unleashed

June

Fueling Your Journey

Learn how to make mindful choices on-the-go.

WEBINAR:
Eating Well, Even on the Go

July

Exercise

Simple tips to increase your active minutes each day.

WEBINAR:
Functional Fitness Demystified

August

Sleep Well

Learn how to improve your health through sleep.

WEBINAR:
Unlocking Sleep Secrets

September

Well-being Myths

Helpful tips and tricks to navigate food and exercise trends.

WEBINAR: Navigating Diet Fads: What Really Works?

October

Time Management

Improve time management to boost productivity.

WEBINAR: Building a Balanced Life

November

Building Resiliency

Learn how to cultivate inner strength and bounce back from challenges.

WEBINAR: Emotional Eating: Breaking the Cycle

December

Prioritizing Your Health

Live a long and healthy life with actionable well-being tips.

WEBINAR: Personalizing Your Wellness Journey