



2026 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> • NICOTINE BEYOND THE CIGARETTE: 1/28, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> • POWER OF BOREDOM: 2/25, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> • GLP-1 DRUGS DECODED: 3/25, 12:00-12:30 PM EST
<ul style="list-style-type: none"> • AGING AND YOUR HEALTH (RECORDING - 5 MINUTE) 	<ul style="list-style-type: none"> • AMAZING AMERICA CHALLENGE: 2/2-2/27 	<ul style="list-style-type: none"> • MEDITATION MOMENT: 3/11, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> • Q1 POINTS DUE: 3/31, 11:59 PM
APRIL	MAY	JUNE
<ul style="list-style-type: none"> • DEMYSTIFYING CREDIT SCORES: 4/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> • HIDDEN HORMONE DISRUPTORS: 5/27, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> • FOOD LABELS EXPOSED: 6/24, 12:00-12:30 PM EST
<ul style="list-style-type: none"> • LIFESTYLE NOT A DIET (RECORDING - 5 MINUTE) 	<ul style="list-style-type: none"> • 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/6-5/27 	<ul style="list-style-type: none"> • MEDITATION MOMENT: 6/10, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> • Q2 POINTS DUE: 6/30, 11:59 PM
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> • AI IN WELLNESS: 7/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> • VITAMINS, SUPPLEMENTS & MORE: 8/26, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> • CAFFEINE CLARITY: 9/30, 12:00-12:30 PM EST
<ul style="list-style-type: none"> • FACE TO FACE CHALLENGE: 7/1-7/29 		<ul style="list-style-type: none"> • MEDITATION MOMENT: 9/9, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> • Q3 POINTS DUE: 9/30, 11:59 PM
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> • MENOPAUSE & BEYOND: 10/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> • METABOLISM MATTERS: 11/18, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> • CONNECT THROUGH FOOD: 12/16, 12:00-12:30 PM EST
<ul style="list-style-type: none"> • GET FIT MYSTERY: 10/5-10/30 	<ul style="list-style-type: none"> • JOG YOUR MEMORY (RECORDING - 5 MINUTE) 	<ul style="list-style-type: none"> • MEDITATION MOMENT: 12/9, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> • Q4 POINTS DUE: 12/18, 11:59 PM