

CHALLENGE

FIVE WITH STRIVE

MONTHLY WEBINAR

MEDITATION MOMENT

REWARD DEADLINE

OTHER



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"> ROUTE 66: 1/14 - 2/18 	<ul style="list-style-type: none"> ROUTE 66: 1/14 - 2/18 	<ul style="list-style-type: none"> MEDITATION MOMENT: 3/11, 2:00-2:30 PM EST
<ul style="list-style-type: none"> WELCOMING WELLBEING IN 2026 - STRIVE OVERVIEW: 1/14, 1:00-1:30 PM EST (LIVE & RECORDED) 		<ul style="list-style-type: none"> FINANCIAL WELLNESS (RECORDING - 5 MINUTE)
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"> AGING & YOUR HEALTH (RECORDING - 5 MINUTE) 	<ul style="list-style-type: none"> 8TH 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"> HAPPY, HEALTHY HEART (RECORDING - 5 MINUTE)
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"> ONE MONTH MADNESS: 7/20 - 8/17 	<ul style="list-style-type: none"> ONE MONTH MADNESS: 7/20 - 8/17 	<ul style="list-style-type: none"> MEDITATION MOMENT: 9/9, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> HEALTH SCREENINGS 	<ul style="list-style-type: none"> HEALTH SCREENINGS
	<ul style="list-style-type: none"> HEALTH SCREENING OVERVIEW PRESENTATION: 8/12, 1:00-1:30 PM EST (LIVE & RECORDED) 	
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"> INFECTION PROTECTION: 10/5 - 10/26 	<ul style="list-style-type: none"> WORKPLACE ERGONOMICS (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"> NICE WORK: 12/1 - 12/15