

CHALLENGE

FIVE WITH STRIVE

MONTHLY WEBINAR

MEDITATION MOMENT

REWARD DEADLINE

OTHER



# 2026 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> <li>NICOTINE BEYOND THE CIGARETTE: 1/28, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>POWER OF BOREDOM: 2/25, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>GLP-1 DRUGS DECODED: 3/25, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>ONE MONTH MADNESS: 1/14 - 2/11</li> </ul>	<ul style="list-style-type: none"> <li>ONE MONTH MADNESS: 1/14 - 2/11</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 3/11, 2:00-2:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>WELCOMING WELLBEING IN 2026 - STRIVE OVERVIEW: 1/14, 11:30-12:00 PM EST (LIVE &amp; RECORDED)</li> </ul>		<ul style="list-style-type: none"> <li>DE-CLUTTERING</li> </ul>
APRIL	MAY	JUNE
<ul style="list-style-type: none"> <li>DEMYSTIFYING CREDIT SCORES: 4/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>HIDDEN HORMONE DISRUPTORS: 5/27, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>FOOD LABELS EXPOSED: 6/24, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>HEALTH SCREENING OVERVIEW PRESENTATION: 4/7, 1:00-1:30 PM EST (LIVE &amp; RECORDED)</li> </ul>	<ul style="list-style-type: none"> <li>8TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/6-5/27</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 6/10, 2:00-2:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>HEALTH SCREENINGS</li> </ul>		<ul style="list-style-type: none"> <li>MEN'S HEALTH</li> </ul>
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> <li>AI IN WELLNESS: 7/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>VITAMINS, SUPPLEMENTS &amp; MORE: 8/26, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>CAFFEINE CLARITY: 9/30, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>STRIVE TO HYDRATE: 7/15 - 8/12</li> </ul>	<ul style="list-style-type: none"> <li>STRIVE TO HYDRATE: 7/15 - 8/12</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 9/9, 2:00-2:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>AGING &amp; YOUR HEALTH</li> </ul>	
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> <li>MENOPAUSE &amp; BEYOND: 10/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>METABOLISM MATTERS: 11/18, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>CONNECT THROUGH FOOD: 12/16, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>CANCER AWARENESS: 10/1 - 10/29</li> </ul>	<ul style="list-style-type: none"> <li>WORKPLACE ERGONOMICS</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 12/9, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>NICE WORK: 12/1 - 12/15</li> </ul>