

CHALLENGE

FIVE WITH  
STRIVEMONTHLY  
WEBINARMEDITATION  
MOMENTREWARD  
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>JOG YOUR MEMORY (5 MINUTES - RECORDED)</li> </ul>	<ul style="list-style-type: none"> <li>HEALTHY BRAIN: 2/2 - 2/27</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>Q1 REWARD POINTS DEADLINE: 3/31</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>AGING &amp; YOUR HEALTH (5 MINUTES - 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>Q2 REWARD POINTS DEADLINE: 6/30</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>FEEDING YOUR MICROBIOME (5 MINUTES - RECORDED)</li> </ul>		<ul style="list-style-type: none"> <li>Q3 REWARD POINTS DEADLINE: 9/30</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>WORKPLACE ERGONOMICS (5 MINUTES - RECORDED)</li> </ul>	<ul style="list-style-type: none"> <li>INFECTION PREVENTION: 11/2 - 11/23</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>Q4 REWARD POINTS DEADLINE: 12/18</li> </ul>