

CHALLENGE

PRESENTATION

MONTHLY
WEBINARMEDITATION
MOMENTREWARD
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"> HAPPY, HEALTHY HEART: 2/18, 12:00-1:00 PM EST 	<ul style="list-style-type: none"> MEDITATION MOMENT: 3/11, 2:00-2:30 PM EST
<ul style="list-style-type: none"> GET FIT MYSTERY CHALLENGE: 1/26 - 2/20 		
		<ul style="list-style-type: none"> Q1 BINGO 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"> FEEDING YOUR MICROBIOME: 4/15, 12:00-1:00 PM EST 		<ul style="list-style-type: none"> MEDITATION MOMENT: 6/10, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> JOG YOUR MEMORY: 6/10, 12:00-1:00 PM EST
		<ul style="list-style-type: none"> Q2 BINGO 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"> THE HEALTHY TRAVELER: 8/19, 12:00-1:00 PM EST 	<ul style="list-style-type: none"> MEDITATION MOMENT: 9/9, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> Q3 BINGO 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"> STRESS BUSTERS: 10/14, 12:00-1:00 PM EST 		<ul style="list-style-type: none"> NAVIGATING FAD DIETS: 12/9, 12:00-1:00 PM EST
<ul style="list-style-type: none"> SNOOZE OR LOSE CHALLENGE: 10/5 - 10/30 		<ul style="list-style-type: none"> MEDITATION MOMENT: 12/9, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> Q4 BINGO DUE: 12/31, 11:59 PM