



2025 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST	GUT HEALTH: 2/26, 12:00-12:30 PM EST	THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST
	BENEFITS OF A GOOD NIGHT'S SLEEP: 2/4, 12:30-1:30 PM EST	MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
	SNOOZE OR LOSE: 2/6-3/6	
		Q1 POINTS DUE: 3/31
APRIL	MAY	JUNE
EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST	HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST	WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST
FEEDING YOUR MICROBIOME: 4/10, 12:00-1:00 PM EST	7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28	MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
		Q2 POINTS DUE: 6/30
JULY	AUGUST	SEPTEMBER
EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST	PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST	EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
FLEX YOUR FLEXIBILITY	PRE-HEALTH SCREENING & THE HEALTHY TRAVELER: 8/7, 11:30 AM - 1:00 PM EST	MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
	HEALTH SCREENINGS	HEALTH SCREENINGS
		HEALTHY BRAIN CHALLENGE: 9/2-9/30
		Q3 POINTS DUE: 9/30
OCTOBER	NOVEMBER	DECEMBER
AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST	MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST	CRYOTHERAPY: 12/17, 12:00-12:30 PM EST
JOG YOUR MEMORY: 10/30, 11:00 AM -12:00 PM EST	DISCONNECT & RECONNECT: 11/3-12/1	MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST
HEALTH SCREENINGS	POST-HEALTH SCREENING: 11/20, 1:00-2:00 PM EST	
		Q4 POINTS DUE: 12/19