

CHALLENGE

FIVE WITH
STRIVEMONTHLY
WEBINARMEDITATION
MOMENTREWARD
DEADLINE

OTHER



2026 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
NICOTINE BEYOND THE CIGARETTE: 1/28, 12:00-12:30 PM EST	POWER OF BOREDOM: 2/25, 12:00-12:30 PM EST	GLP-1 DRUGS DECODED: 3/25, 12:00-12:30 PM EST
	AROUND THE WORLD: 2/2 - 3/2	MEDITATION MOMENT: 3/11, 2:00-2:30 PM EST
	FINANCIAL WELLNESS	Q1 REWARD POINTS DEADLINE: 3/31
APRIL	MAY	JUNE
DEMYSTIFYING CREDIT SCORES: 4/29, 12:00-12:30 PM EST	HIDDEN HORMONE DISRUPTORS: 5/27, 12:00-12:30 PM EST	FOOD LABELS EXPOSED: 6/24, 12:00-12:30 PM EST
POWER MEALS	8TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/6 - 5/27	MEDITATION MOMENT: 6/10, 2:00-2:30 PM EST
		Q2 REWARD POINTS DEADLINE: 6/30
		SUBSTANCE ABUSE, OVERDOSE AWARENESS & PREVENTION
JULY	AUGUST	SEPTEMBER
AI IN WELLNESS: 7/29, 12:00-12:30 PM EST	VITAMINS, SUPPLEMENTS & MORE: 8/26, 12:00-12:30 PM EST	CAFFEINE CLARITY: 9/30, 12:00-12:30 PM EST
WORKDAY WELLBEING: 7/1 - 7/29	REDUCING THE RISK OF SKIN CANCER	MEDITATION MOMENT: 9/9, 2:00-2:30 PM EST
	PRE-HEALTH SCREENING PRESENTATION: 8/6, 12:00 - 1:00 PM EST	INFECTION PREVENTION: 9/9 - 9/30
	HEALTH SCREENINGS	HEALTH SCREENINGS
		Q3 REWARD POINTS DEADLINE: 9/30
OCTOBER	NOVEMBER	DECEMBER
MENOPAUSE & BEYOND: 10/29, 12:00-12:30 PM EST	METABOLISM MATTERS: 11/18, 12:00-12:30 PM EST	CONNECT THROUGH FOOD: 12/16, 12:00-12:30 PM EST
METABOLISM 101	NICE WORK: 11/10 - 11/24	MEDITATION MOMENT: 12/9, 2:00-2:30 PM EST
HEALTH SCREENINGS		Q4 REWARD POINTS DEADLINE: 12/31