

WELL-BEING PROGRAM PAIRINGS

Plan a cohesive program that combines communications, challenges, and coaches for a balanced hybrid solution.

HEALTHY PERSPECTIVES DIGEST

Deliver appealing topics that impact all aspects of well-being, custom tailored to your population.



WELLNESS CALENDAR

Cultivate a culture of health all year long.



SEMINARS & ACTIVITIES

Live coaches present group activities (virtually or on-site) and provide individualized support for lasting change.



WELL-BEING CHALLENGES

Stimulate a sense of curiosity & adventure through individual or team virtual challenges.



Utilize the “planning tool” on the following page to select seminars and challenges aligned with impactful topics.

QTR	HEALTHY PERSPECTIVES DIGEST TOPICS	WELLNESS CALENDAR	SEMINARS For additional seminars and challenges available see full catalog for descriptions	CHALLENGES
JANUARY	Weigh In on Movement Eating Obstacles Weight Loss Tips Life Saving Donations Look Ahead Do You Need a Will?	Choose A Path	<input type="checkbox"/> Banish Your Winter Blues <input type="checkbox"/> Components of Fitness <input type="checkbox"/> Strive to Move	<input type="checkbox"/> Go Healthy <input type="checkbox"/> One Month Madness
FEBRUARY	3 Exercises to Boost Heart Health Fuel Your Day Wine for Your Heart? Broken Heart Living with Purpose Choosing Kindness	Heart Health	<input type="checkbox"/> Heart Smart Seminar <input type="checkbox"/> Know Your Numbers <input type="checkbox"/> Pillars of Health	<input type="checkbox"/> Any Step Challenge <input type="checkbox"/> Relationships Matter
MARCH	Exercise and Daylight Savings Home Cooking Nourishing Drinks Dreaming Away Disease Colon Finding the Pot of Gold	Colorectal	<input type="checkbox"/> Overcoming Barriers to Exercise <input type="checkbox"/> Sleep Deprivation	<input type="checkbox"/> A Good Night's Sleep
APRIL	Walk Away Stress Lighter Libations Oral Cancer Caregiving Avoid a Cell Phone Crash Spring Travel that Won't Break the Bank	Mindfully Grounded	<input type="checkbox"/> Self-Care: Finding Balance <input type="checkbox"/> Well Being Support	<input type="checkbox"/> Relationships Matter
MAY	Actively Enhance Mental Well-Being Mental Health Foods Curb Cravings Go With the Flow On a Scale Pull Out or Ride the Storm?	Fun Activity	<input type="checkbox"/> Blood Pressure Seminar <input type="checkbox"/> Managing Stress with Mindfulness	<input type="checkbox"/> Lose Yer Booty <input type="checkbox"/> No Time Like the Pleasant
JUNE	Diversify Your Workout A Perfect Picnic Summer Produce Sun Safe Fashions Home Safety Procrastinate or Prepare?	Emergency Preparedness	<input type="checkbox"/> Hydration and Sun Safety <input type="checkbox"/> The Key to Your Success is You	<input type="checkbox"/> Filler Up <input type="checkbox"/> National Parks Adventure
JULY	Move to the Music Fill the Fiber Gap Refreshing Snacks Interdependence Sunscreen Do's Choose to Shine	Eye Health	<input type="checkbox"/> Resiliency and Energy Balance <input type="checkbox"/> Resiliency & Positive Habits for Success	<input type="checkbox"/> Road to Resilience <input type="checkbox"/> Amazing America <input type="checkbox"/> Rock Your Way to Wellness
AUGUST	Lean on Me – Work out Buddies Satisfying Snacks Energy Boosting Bites Social Media Connections Get Your Shots	Summer Reading	<input type="checkbox"/> Navigating Change <input type="checkbox"/> Building Health Habits	<input type="checkbox"/> Wind in Your Sails
SEPTEMBER	Power Hour Anti-Aging Foods Hydration You Deserve A Break Evening Routine Nest Egg	Healthy Aging	<input type="checkbox"/> Healthy Aging <input type="checkbox"/> Mindful Breaks <input type="checkbox"/> Blue Zones	<input type="checkbox"/> Speed of Light
OCTOBER	Balance Your Routine Feeding Immunity Meal Planning Creature of Habit Dental/Mental Health Informed Decisions	Nutrition	<input type="checkbox"/> Bone Health <input type="checkbox"/> Boost Your Immune System	<input type="checkbox"/> Eat the Rainbow <input type="checkbox"/> Beat the Flu <input type="checkbox"/> Run For Your Life <input type="checkbox"/> Get Fit Crime Mystery
NOVEMBER	Take a Hike Feeding the Hungry Fat Chance Fall Time Change Clues from Your Feet Smoke or Save \$	Communi- cation	<input type="checkbox"/> Healthy Holidays Seminar <input type="checkbox"/> Mindful Meditation/Deep Breathing <input type="checkbox"/> Happy Feet <input type="checkbox"/> STEPS Tobacco Cessation	<input type="checkbox"/> Maintain Don't Gain <input type="checkbox"/> Oh What Fun
DECEMBER	Deskercise Fat Burning Foods Frozen Advantages Re-Gifting 54321 Technique Old or New Traditions	Being Good to Yourself	<input type="checkbox"/> Winter Safety <input type="checkbox"/> Optimizing Well-Being to Prevent Burnout	<input type="checkbox"/> Good Cents