



# Onsite Wellness Calendar of Events

Quarter	Month	Monthly Wellness Theme/Observance	Wellness Webinar	Wellness Challenge	Online Group Coaching (6 weeks series)
1	January	Healthy Living	Total Health. It's All Good.	New Year, New You Healthy Habits	The Weight is Over
	February	Heart Health	ABC's of Good Heart Health		
	March	National Nutrition Month	Balance Your Diet and Your Life		
2	April	Physical Activity	Get Up, Get Active	Stand More, Sit Less	Daily Success with Diabetes
	May	Stress Management	Mindfulness Matters: Living in the Moment		
	June	Sun Safety	Sun Safety: Tips to Stay Safe in the Sun		
3	July	Sleep	Shhh...Goodnight...Sleep Well	Taste the Rainbow	Better Blood Pressure Now
	August	Healthy Aging	Boost Your Brainpower as You Age		
	September	Healthy Habits at Home	High 5...Healthy Habits at Home		
4	October	Tobacco Free Living	Steps to Tobacco Free Living	Maintain Don't Gain	Stress Less, Live More
	November	Pre-Diabetes	A Growing Concern...Reduce your Risk for Diabetes		
	December	Healthy Holidays	Grateful for the Gift of Health		

# Webinar Dates and Registration Links

Webinars are 45 minutes at 9:00am, 11:30am or 3:30pm CT  
 Registration is required!

Month	Wellness Webinar	Dates	Registration Link
January	Total Health. It's All Good.	January 31 <sup>st</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
February	ABC's of Good Heart Health	February 21st	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
March	Balance Your Diet and Your Life	March 21st	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
April	Get up, Get Active	April 18 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
May	Mindfulness Matters: Living in the Moment	May 16 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
June	Sun Safety: Tips to Stay Safe in the Sun	June 20 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
July	Shhh...Goodnight...Sleep Well	July 18 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
August	Boost Your Brainpower as You Age	August 15 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
September	High 5...Healthy Habits at Home	September 19 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
October	Steps to Tobacco Free Living	October 17 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>
November	A Growing Concern...Reduce Your Risk for Diabetes	November 14 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars">http://go.activehealth.com/wellness-webinars</a>
December	Grateful for the Gift of Health	December 12 <sup>th</sup>	<a href="http://go.activehealth.com/wellness-webinars2.html">http://go.activehealth.com/wellness-webinars2.html</a>

