

2022 WELL-BEING CALENDAR

JANUARY

Small Changes

Improve health every day
Create opportunities for success

WEBINAR: Make Changes for a Healthier Tomorrow

FEBRUARY

Nutrition

Effective grocery shopping
Ingredient vs. meal prep

WEBINAR: Eat Real

MARCH

Exercise

Create an exercise plan
Motivation to move

WEBINAR: Make Exercise Fun

APRIL

Financial Fitness

Manage financial stress
Real life budget tips

WEBINAR: Financial Fitness

MAY

Mental Health

Expert mental health tips
Mindfulness practice

WEBINAR: It's Okay Not to be Okay

JUNE

The Great Outdoors

Activities for the whole family
Health benefits of outdoor exercise

WEBINAR: Get Outside

JULY

Tips from a Nurse

What a nurse wants you to know
Live Q&A session

WEBINAR: Your Questions Answered

AUGUST

Helpful Health Resources

Tracking and measuring success
myHealthCheck360 tips

WEBINAR: Using Your Resources

SEPTEMBER

Immune System

Get ahead of cold and flu season
Vitamins and Supplements

WEBINAR: Beat the Bug

OCTOBER

Well-being Myths

Food and exercise trends
Hacks that slow your progress

WEBINAR: Busting Well-being Myths

NOVEMBER

Disease Prevention

Habits to quit today
Preventing diabetes and heart disease

WEBINAR: Preventing Diseases

DECEMBER

Prioritizing Your Health

Scheduling time in your day
Rest and recharge

WEBINAR: Put Your Health First