



2023 Well-being Calendar

January

New Year, Fresh Start

Use the new year to reset your well-being goals for 2023

WEBINAR:
Locus of Control

February

Exercise

Simple tips to increase your active minutes each day

WEBINAR:
Fitness at Home

March

Nutrition

Simple swaps – eat this not that

WEBINAR:
Eating Fat: Good or Bad?

April

Workplace Wellness

How to improve ergonomics in your work environment

WEBINAR:
Ergonomics in Your Everyday Life

May

Brain Health

Improve your brain health with simple activities

WEBINAR:
Food to Fuel Your Mind

June

Helpful Resources

Tracking and measuring success with HealthCheck360

WEBINAR: Improving Your HealthCheck360 Score

July

Protecting Your Skin

Use UV Safety this summer to stay happy and healthy

WEBINAR:
Skin Health

August

Fueling Your Body

Discover the essential nutrients your body needs

WEBINAR: Essential Nutrients for Your Health

September

Prioritizing Well-Being

Live a long and healthy life with simple well-being suggestions

WEBINAR:
Secrets to A Healthy Life

October

Reduce Stress

Learn the signs and how to work through burnout and stress

WEBINAR:
Burnout and How to Cope

November

Small Changes

See how small changes can translate into long-term improvements

WEBINAR:
Improving Comfort Foods

December

Personal Boundaries

Boundaries are essential to having strong and healthy relationships

WEBINAR:
Setting Boundaries