

# 2023 Wellness Calendar

## January

### New Year, New Start!

Learn on how to get a jump start on your wellness goals!

## February

### HQ Gym Opening

Join us for a tour to explore the new HQ gym facility.

## March

### National Nutrition Month

Take a look at new ways to improve your overall health by visiting the PeopleOne portal.

## April

### HQ Yoga Classes Kick Off

CCM partners with TheStudio Cleveland, to provide complimentary onsite yoga classes in the new HQ

## May

### Mental Health Awareness Month

Check out CCM's mental health resources available to you.

## June

### National Safety Month

Learn about CrossCountry's Emergency Response plan.

### Virtual Lunch and Learn

Topic: Finding Motivation  
June 27th  
2:00PM EST

## July

### National UV Month

Easy ways to stay protected from the sun this summer!

### Company-Wide Challenge

Fit for Life  
Dates: July 10th - August 4th

## August

### National Immunization Awareness

6 ways to protect yourself and others for the upcoming flu season.

### Virtual Lunch and Learn

Topic: Exercise at work  
August 15th  
2:00PM EST

## September

### Fall Fit City Challenge

Join CCM for our annual Fall Fit City Challenge.  
Dates: Sept 1st - Sept 31st

## October

### Breast Cancer Awareness Month

Help CCM increase awareness of Breast Cancer to support our fellow employees.

### HQ Flu Shot

Date: Oct 17th  
Time: 10:00AM - 2:00PM

## November

### HQ Health and Wellness Fair

Date: Nov 1st  
Time: 11:00AM - 2:00PM

### Employee Benefits Open Enrollment

Dates: TBD

## December

### Open Enrollment Corrections Period

Dates: TBD

### HQ Lunch and Learn

Topic: Healthy Holiday Eating  
December 5th  
2:00PM EST