

2024 Wellness Calendar



January

New Year, New Me!

New Year's Resolution

Be sure to register to the PeopleOne Health Portal:
<https://portal.peopleonehealth.com/enrollment/ccm>

HQ Lunch and Learn:

Getting Fit and Staying Fit

Date: January 24th at 1PM EST

HQ Health Coaching

Date: January 16th from 8:30 AM-5 PM EST

February

American Heart Month

Live a Heart-Healthy Lifestyle

HQ Health Coaching

Date: February 15th from 8:30 AM-5 PM EST

HQ Biometric Screenings Event

Date: February 28th 9:00 AM-12 PM EST

March

National Nutrition Month

Visit the PeopleOne portal to explore fresh approaches to enhancing your general well-being

HQ Lunch & Learn:

Food Mood Connection

Date: March 20th at 1 PM EST

HQ Health Coaching

Date: March 12th from 8:30 AM-5 PM EST

April

National Stress Awareness Month

De-Stress with a Walk

Challenge:

Spring into Motion Step Challenge

Registration Date: Opens March 18th

Challenge Dates: April 1st-29th

HQ Health Coaching

Date: April 9th from 8:30 AM-5 PM EST

May

Mental Health Awareness Month

CCM's Mental Health Resources

HQ Lunch and Learn:

We ALL Have Mental Health

Date: May 22nd at 1 PM EST

HQ Health Coaching

Date: May 14th from 8:30 AM-5 PM EST

June

National Safety Month

CCM's Emergency Response Plan

HQ Health Coaching

Date: June 11th from 8:30 AM-5 PM EST

July

National UV Month

Simple strategies to protect yourself this summer from the sun!

Challenge:

Hydration Challenge

Registration Date: June 17th

Challenge Dates: July 1st-29th

HQ Health Coaching

Date: July 16th from 8:30 AM-5 PM EST

August

National Immunization Awareness

Protect others and yourself from the approaching flu season

HQ Health Coaching

Date: August 6th from 8:30 AM-5 PM EST

September

National Preparedness Month

CCM's Preparedness Resources

Fall Fit City Challenge

Join CCM for our annual Fall Fit City Challenge

Challenge Dates: September 1st-30th

HQ Health Coaching

Date: September 10th from 8:30 AM-5 PM EST

October

National Breast Cancer Awareness Month

Events:

HQ Flu Shot Clinic

Date: October 22nd from 10AM - 2PM EST

HQ Health Coaching

Date: October 8th from 8:30 AM-5 PM EST

November

100 Random Acts of Kindness

Events:

HQ Health and Wellness Fair

Date: November 6th from 11AM - 2PM EST

Open Enrollment

Date: November 4th - 18th

HQ Health Coaching

Date: November 12th from 8:30 AM-5 PM EST

December

National Safe Toys and Gifts Month

Events:

Corrections Period for Open Enrollment

HQ Lunch and Learn:

Staying Healthy Around the Holidays

Date: December 11th at 1 PM EST

HQ Health Coaching

Date: December 10th from 8:30 AM-5 PM EST