



2025 Wellness Calendar



January

New Year, New You!

HQ Health Coaching
Date: 1/14 8:30AM - 5PM EST

Wellness Workshop
Become Your Own Personal Trainer
Workshop and HQ Watch Party
Date: 1/22 at 1PM EST

February

Love Your Heart

HQ Health Coaching
Date: 2/11 8:30AM - 5PM EST

HQ Biometrics Screenings Event
Date: 2/27 9:00AM - 12:00PM EST
Register [Here](#)

March

Nourish to Flourish!

HQ Health Coaching
Date: 3/18 8:30AM - 5PM EST

HQ Nutrition Talk and Taste with Unrefined
Date: 3/4 at 12:00-1:15PM EST
RSVP [Here](#)

April

Manage Stress, Boost Wellness

HQ Health Coaching
Date: 4/15 8:30AM - 5PM EST

StrechLab on-site at HQ!
Date: 4/1
*Appointment Only

Challenge
Spring Into Motion Step Challenge
Registration Opens: 3/18
Dates: 4/1-5/12

May

Mental Health Matters

HQ Health Coaching
Date: 5/13 8:30AM - 5PM EST

Wellness Workshop
Stress Management and Finding
Mindfulness Workshop and HQ Watch Party
Date: 5/21 at 1PM EST

June

Fresh, Healthy, and Ready for Summer!

HQ Health Coaching
Date: 6/10 8:30AM - 5PM EST

Wellness Workshop
3 P's: Plan, Prep & Prepare Workshop and
HQ Watch Party
Date: 6/11 at 1PM EST

July

Explore the Outdoors!

HQ Health Coaching
Date: 7/8 8:30AM - 5PM EST

Challenge
Hydration Challenge
Registration Opens: 6/16
Dates: 7/1-7/31

August

Wellness Month: A Time to Thrive!

HQ Health Coaching
Date: 8/12 8:30AM - 5PM EST

Wellness Workshop
Achieving Overall Wellness Workshop and
HQ Watch Party
Date: 8/6 at 1PM EST

September

Suicide Prevention Month

HQ Health Coaching
Date: 9/9 8:30AM - 5PM EST

Presentation with TheraVault
Date: 9/17

Challenge
Fall Fit City Challenge
Registration is open
Dates: 9/1-9/30

October

Breast Cancer Awareness Month

HQ Health Coaching
Date: 10/14 8:30AM - 5PM EST

November

Living Each Day with Gratitude

HQ Health Coaching
Date: 11/11 8:30AM - 5PM EST

December

Savor the Season: Happy, Healthy Holidays!

HQ Health Coaching
Date: 12/9 8:30AM - 5PM EST

