



# 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

## 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

## 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

**HQ Flu Shot Clinic**  
Date: 10/9

## 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

