

2025 Wellness Calendar



<p>January New Year, New You!</p> <p>HQ Health Coaching Date: 1/14 8:30 a.m. – 5:00 p.m. ET</p> <p>Wellness Workshop Become Your Own Personal Trainer Workshop and HQ Watch Party Date: 1/22 at 1:00 p.m. ET Recap Here!</p>	<p>February Love Your Heart</p> <p>HQ Health Coaching Date: 2/11 8:30 a.m. – 5:00 p.m. ET</p> <p>HQ Biometrics Screenings Event Date: 2/27 9:00 a.m. – 12:00 p.m. ET Recap Here!</p>	<p>March Nourish to Flourish!</p> <p>HQ Health Coaching Date: 3/18 8:30 a.m. – 5:00 p.m. ET</p> <p>HQ Nutrition Talk and Taste with Unrefined Date: 3/4 12:00 – 1:15 p.m. ET Recap Here!</p>
<p>April Manage Stress, Boost Wellness</p> <p>HQ Health Coaching Date: 4/15 8:30 a.m. – 5:00 p.m. ET</p> <p>StrechLab On-site at HQ! Date: 4/1 10:00 a.m. – 4:00 p.m. ET</p> <p>Challenge Spring Into Motion Step Challenge Dates: 4/1–5/12 Registration Information Here!</p>	<p>May Mental Health Matters</p> <p>HQ Health Coaching Date: 5/13 8:30 a.m. – 5:00 p.m. ET</p> <p>Wellness Workshop Stress Management and Finding Mindfulness Workshop and HQ Watch Party Date: 5/21 at 1:00 p.m. ET</p> <p>HQ Therapy Dog Petting Dates: 5/14 & 5/20</p>	<p>June Fresh, Healthy, and Ready for Summer!</p> <p>HQ Health Coaching Date: 6/10 8:30 a.m. – 5:00 p.m. ET</p> <p>Wellness Workshop 3 P's: Plan, Prep & Prepare Workshop and HQ Watch Party Date: 6/11 at 1:00 p.m. ET</p> <p>CCM Farmers Market Date: 6/25 1:30 – 4:30 p.m. ET</p>
<p>July Explore the Outdoors!</p> <p>HQ Health Coaching Date: 7/8 8:30 a.m. – 5:00 p.m. ET</p> <p>Challenge Hydration Challenge Registration Opens: 6/16 Dates: 7/1–7/31</p>	<p>August Wellness Month: A Time to Thrive!</p> <p>HQ Health Coaching Date: 8/12 8:30 a.m. – 5:00 p.m. ET</p> <p>Wellness Workshop Achieving Overall Wellness Workshop and HQ Watch Party Date: 8/6 at 1:00 p.m. ET</p>	<p>September Preparedness and Prevention</p> <p>HQ Health Coaching Date: 9/9 8:30 a.m. – 5:00 p.m. ET</p> <p>Challenge Fall Fit City Challenge Registration is open Dates: 9/1–9/30</p>
<p>October Breast Cancer Awareness Month</p> <p>HQ Health Coaching Date: 10/14 8:30 a.m. – 5:00 p.m. ET</p> <p>HQ Flu Shot Clinic Date: 10/9</p>	<p>November Living Each Day with Gratitude</p> <p>HQ Health Coaching Date: 11/11 8:30 a.m. – 5:00 p.m. ET</p>	<p>December Savor the Season: Happy, Healthy Holidays!</p> <p>HQ Health Coaching Date: 12/9 8:30 a.m. – 5:00 p.m. ET</p>