

# 2025 Wellness Calendar

## January

New Year, New You!

### HQ Health Coaching

Date: 1/14 | 8:30 a.m. – 5:00 p.m. ET

### Wellness Workshop

Become Your Own Personal Trainer Workshop and HQ Watch Party

Date: 1/22 at 1:00 p.m. ET

[Recap Here!](#)

## February

Love Your Heart

### HQ Health Coaching

Date: 2/11 | 8:30 a.m. – 5:00 p.m. ET

### HQ Biometrics Screenings Event

Date: 2/27 | 9:00 a.m. – 12:00 p.m. ET

[Recap Here!](#)

## March

Nourish to Flourish!

### HQ Health Coaching

Date: 3/18 | 8:30 a.m. – 5:00 p.m. ET

### HQ Nutrition Talk and Taste with Unrefined

Date: 3/4 | 12:00 – 1:15 p.m. ET

[Recap Here!](#)

## April

Manage Stress, Boost Wellness

### HQ Health Coaching

Date: 4/15 | 8:30 a.m. – 5:00 p.m. ET

### StrechLab On-site at HQ!

Date: 4/1 | 10:00 a.m. – 4:00 p.m. ET

### Challenge

Spring Into Motion Step Challenge

Dates: 4/1–5/12

[Registration Information Here!](#)

## May

Mental Health Matters

### HQ Health Coaching

Date: 5/13 | 8:30 a.m. – 5:00 p.m. ET

### Wellness Workshop

Stress Management and Finding Mindfulness Workshop and HQ Watch Party

Date: 5/21 at 1:00 p.m. ET

### HQ Therapy Dog Petting

Dates: 5/14 & 5/20

## June

Fresh, Healthy, and Ready for Summer!

### HQ Health Coaching

Date: 6/10 | 8:30 a.m. – 5:00 p.m. ET

### Wellness Workshop

3 P's: Plan, Prep & Prepare Workshop and HQ Watch Party

Date: 6/11 at 1:00 p.m. ET

### CCM Farmers Market

Date: 6/25 | 1:30 – 4:30 p.m. ET

## July

Explore the Outdoors!

### HQ Health Coaching

Date: 7/8 | 8:30 a.m. – 5:00 p.m. ET

### 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 | 8:30 a.m. – 5:00 p.m. ET

### Wellness Workshop

Achieving Overall Wellness Workshop and HQ Watch Party

Date: 8/6 at 1:00 p.m. ET

## September

Preparedness and Prevention

### HQ Health Coaching

Date: 9/9 | 8:30 a.m. – 5:00 p.m. ET

### Challenge

Fall Fit City Challenge  
Registration is open

Dates: 9/1–9/30

## October

Breast Cancer Awareness Month

### HQ Health Coaching

Date: 10/14 | 8:30 a.m. – 5:00 p.m. ET

### HQ Flu Shot Clinic

Date: 10/9

## November

Living Each Day with Gratitude

### HQ Health Coaching

Date: 11/11 | 8:30 a.m. – 5:00 p.m. ET

## December

Savor the Season: Happy, Healthy Holidays!

### HQ Health Coaching

Date: 12/9 | 8:30 a.m. – 5:00 p.m. ET