



2016 Onsite Wellness Calendar of Events

Quarter	Month	Monthly Wellness Theme/Observance	Wellness Webinar	Wellness Challenge	Online Group Coaching (6 weeks series)
1	January	Healthy Living	Go Digital, Go Healthy	Eat Smart, Move More	Weight Management
	February	Heart Health	Controlling Your Blood Pressure		
	March	National Nutrition Month	Superfoods 101: Understanding the Basics		
2	April	Stress	Resilience: Bouncing Back	More Mindful You	Diabetes
	May	Physical Activity	Secrets to Staying Active		
	June	National Safety Month	Preventative Posture		
3	July	Healthy Aging	The Buzz about Bones	ChooseMyPlate	Cholesterol
	August	National Immunization Month	Healthy Mind, Healthy Body		
	September	Fruits & Veggies Matter More Month	Fall in Love with Veggies		
4	October	Women's Health	Women's Health	Walktober	Stress
	November	Men's Health	It's a Guy Thing		
	December	Healthy Holidays	The Gift of Health: Healthy Holidays		