

# 2017 WELLNESS PROMOTIONAL CALENDAR

	MONTHLY THEME	MONTHLY WEBINAR	CHALLENGES (SAMPLE)
<b>JANUARY</b>	<b>S.M.A.R.T. Goal Setting</b>	<b>Meet the Health Coach</b>	
<b>FEBRUARY</b>	<b>Heart Smart</b>	<b>Diversity in Health Risks</b>	
<b>MARCH</b>	<b>Nutrition 101</b>	<b>Meal Planning: Get Comfortable in the Kitchen</b>	<b>March Madness Activity Challenge</b>
<b>APRIL</b>	<b>Financial Fitness</b>	<b>Making Sense of your Cents</b>	
<b>MAY</b>	<b>Spring into Action</b>	<b>Positive Psychology: Train Yourself Happy</b>	
<b>JUNE</b>	<b>Breathe Easy</b>	<b>Improve Your Environment, Improve Your Breathing</b>	
<b>JULY</b>	<b>Prime Time</b>	<b>Time Management for Healthy Lifestyles</b>	<b>Fruit &amp; Veggie Challenge</b>
<b>AUGUST</b>	<b>Self Love</b>	<b>Prioritizing Your Health &amp; Wellbeing</b>	
<b>SEPTEMBER</b>	<b>Back to Basics</b>	<b>Stress Management</b>	
<b>OCTOBER</b>	<b>The Art of Relaxation</b>	<b>Counting Sheep: Improve Your Sleep Habits</b>	
<b>NOVEMBER</b>	<b>Mindfulness</b>	<b>Emotional Eating</b>	<b>Maintain, Don't Gain Challenge</b>
<b>DECEMBER</b>	<b>You Are Enough</b>	<b>Optimism During the Holidays</b>	