








2023 Strong for Life Wellbeing Program Calendar



Reach your wellbeing goals in 2023 by joining these challenges and journeys.



QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Refocus and Revitalize	Stronger Together	Lighten the Load	The Sky's the Limit
<p>Team Step Challenge <i>Pacific Crest Trail</i> February 20 – March 19</p> <p>In this challenge, your route is brutal and breathtaking through the wild west's deserts, mountains, and forests. Registration opens: February 10</p>  <p>Promoted Healthy Habit Challenges</p> <p>Eating Healthy: <i>Take Your Time</i> January 9–15</p> <p>Embracing Diversity: <i>Celebrate Yourself</i> February 13–19</p> <p>Sleeping Well: <i>Mind Sweeper</i> March 13–19</p>  <p>Promoted Journey Managing Finances: <i>Stash Some Cash</i></p>	<p>Team Step Challenge <i>South American Stepoff</i> May 1–28</p> <p>A trek across South America. The continent boasting the longest river, one of the world's largest countries, and arguably the best steak around. Registration opens: April 21</p>  <p>Promoted Healthy Habit Challenges</p> <p>Acting Sustainably: <i>Unplug It</i> April 10–16</p> <p>Emotional Balance: <i>Emotions and Decisions</i> May 8–14</p> <p>Embracing Diversity: <i>Rewire Stereotypes</i> June 12–18</p>  <p>Promoted Journey Reducing Stress: <i>Three Ways to Lower Stress</i></p>	<p>Team Step Challenge <i>US National Parks</i> July 31 – August 27</p> <p>From desert canyons to seaside cliffs, this journey is one for the scrapbooks. Registration opens: July 21</p>  <p>Promoted Healthy Habit Challenges</p> <p>Getting Active: <i>Fit In Strength</i> July 10–16</p> <p>Eating Healthy: <i>Smart Scale</i> August 7–13</p> <p>Embracing Diversity: <i>Connect Through Empathy</i> September 11–17</p>  <p>Promoted Journey Managing Finances: <i>Shrink Your Debt</i></p>	<p>Team Step Challenge <i>Mindful Exploration</i> October 9 – November 5</p> <p>During this challenge, you'll be going around the world learning different mindful practices across multiple cultures. Registration opens: September 29</p>  <p>Promoted Healthy Habit Challenges</p> <p>Reducing Stress: <i>Checking In</i> October 9–15</p> <p>Building Relationships: <i>Power for Good</i> November 13–19</p> <p>Managing My Finances: <i>Organize Your Finances</i> December 11–17</p>  <p>Promoted Journey Eating Healthy: <i>Smart Eating</i></p>

