









2024 Strong for Life

Wellbeing Program Calendar



Reach your wellbeing goals in 2024 by joining these challenges and journeys.



QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<p>Team Step Challenge <i>Step to the Simpson Branches</i> February 16 - March 15 Registration opens: February 9</p>  <p>Promoted Healthy Habit Challenges Time for Friends: <i>Time with Friends/Time for Play</i> January 8-14 Keep it Routine: <i>Rediscovering Your Focus</i> February 12-18 Mindful Minute: <i>Mindfulness</i> March 11-17</p>  <p>Promoted Journey Managing Finances: <i>Shrink Your Debt</i></p>	<p>Team Step Challenge <i>A World Tour Trek</i> May 3 - June 14 Registration opens: April 26</p>  <p>Promoted Healthy Habit Challenges On Budget: <i>Saving Smart</i> April 8-14 Device-Free Zone: <i>Wisdom in Screen Use</i> May 13-19 Brain Games: <i>Nourishing Your Brain</i> June 10-16</p>  <p>Promoted Journey Healthy Eating: <i>Eat for Health</i></p>	<p>Team Step Challenge <i>Carry the Simpson Torch by Stepping Through Olympic Cities</i> July 19 - August 16 Registration opens: July 12</p>  <p>Promoted Healthy Habit Challenges Bit of Everything: <i>Finding Culinary Joy</i> July 8-14 Workout Time: <i>Motivation to Move</i> August 12-18 Loosen Up: <i>Sleep Strategies for Success</i> September 9-15</p>  <p>Promoted Journey Reducing Stress: <i>Finding Joy and Purpose at Work</i></p>	<p>Team Step Challenge <i>A Fall Color Walk through the Top Places for Fall Foliage</i> October 4 - November 1 Registration opens: September 27</p>  <p>Promoted Healthy Habit Challenges Staying Thoughtful: <i>Cultivating Your Purpose</i> October 14-20 Seriously Fun: <i>Unlocking Workplace Happiness</i> November 11-17 Step Away: <i>Letting Go of Holiday Stress</i> December 9-15</p>  <p>Promoted Journey Being Productive: <i>Maximize Productivity and Balance</i></p>

