2027 EVERYDAY WELLBEING SERIES

wellness iQ
Everyday Wellbeing Series

Engage employees year-round with expert-led webinars, interactive activities, and wellness resources. Each month features a new health-focused theme to inspire healthier habits.

- **On-demand viewing available for 30 days**
- **Engagement reports provided**
- **Each month includes 4 webinars (Mondays) and 4 interactive activities (Fridays)**
- **All Virtual Sessions**

Learn More or Purchase Here!

JANUARY

Reset & Reenergize:

Building Healthy Habits for a Strong Start to the Year

FEBRUARY

Heart Health & Connection

Strengthen Your Heart. Strengthen Your Relationships.

MARCH

Women's Health & Preventive Care

Preventive screenings, hormones, family wellness

APRIL

Energy, Hydration & Seasonal Wellness

Hydration, sleep, energy management, summer health

MAY

Mental Well-Being & Resilience

Stress management, emotional wellness, burnout prevention

JUNE

Men's Health & Preventive Care

Know your health. Protect your health. Take charge of your future.

JULY

Movement & Mobility

Physical activity, posture, mobility, outdoor wellness

AUGUST

Connected - Healthy Technology

Digital balance, healthy screen habits, focus, and boundaries.

SEPTEMBER

Nutrition & Gut Health

Healthy eating, digestion, healthy routines

OCTOBER

Stress, Sleep & Recovery

Sleep hygiene, recovery, nervous system regulation

NOVEMBER

Gratitude & Community

Social wellness, purpose, volunteering, kindness

DECEMBER

Self Paced Challenge

Wellness challenge with personalized health coach support and guidance.