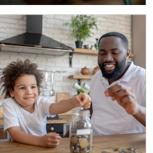
Human Resources | Workforce Wellbeing Programs

WELLNESS CALENDAR | JANUARY 2025







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į	29	30	31	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1

All webinar times are 12 PM unless otherwise stated.

HEALTH OBSERVANCES

National Blood Donor Month

Highlights the critical need for blood donations during the winter months when supplies often drop. Your donation could help save a life!

Resources:

Learn more about blood donation: American Red Cross

Find a donation site: **HERE**

National Birth Defects Prevention Month

Raises awareness about birth defects, their causes, and prevention strategies – emphasizing the importance of healthy lifestyle choices, early prenatal care, and education to support healthier pregnancies.

Resources:

Learn about common birth defects: HERE

Preventive measures:

Centers for Disease Control and Prevention

How you can support: March of Dimes

Financial Wellness Month

Promotes financial literacy and encourages individuals to take control of their finances by setting goals and building sustainable habits for long-term financial stability.

Resources:

Financial Educational Webinars: Workforce Wellbeing Programs

Empower Retirement:
Retirement Planning Webinars

Sign up for our upcoming webinar:

<u>Moving from Financial Stress to Success</u>

EVENTS & ACTIVITIES





The Power of Small
Changes: Creating
Healthy Self-Care Habits





Cervical Cancer:
What You Need to Know





Moving from Financial Stress to Success





Disease and Weight Management





Spring, Jump, Leap: Just Move!











