

September

**Content What's Coming
and Going**

2025 Journeys and Media – What’s Coming in September

Topic	Journeys 		Media 
1. Heart Health* 2. Lung Health* 3. Financial Wellbeing** 4. Managing Illness, Injury & Pain** *Total Health Content Package **Total Wellbeing & Total Health Content Package	1. Heart-Healthy Living With Coronary Artery Disease 2. Caring for Yourself With Asthma 3. Your Guide to Starting an Emergency Fund 4. Simple Strategies for Back Pain Relief* *Journey with video		1. Climate-Friendly Composting From Home 2. Easy Ways to Live Sustainably for a Healthier Planet 3. Trainer Tip: Benefits of Cold Exposure 4. Brain Benefits of Creatine 5. Optimizing Your Brain Health Throughout Life 6. How to Help Your Neurodivergent Employees Thrive 7. How to Meditate With ADHD 8. A Short Walking Meditation to Regain Focus 9. October Conversation – Conversations: What is Mental Health First Aid?

Daily Cards and More – What’s Coming in September



Topic	Daily Cards 	Topic	Challenges & PHHC's 
1. Financial Wellbeing** 2. Managing Illness, Injury & Pain** *Total Health Content Package **Total Wellbeing & Total Health Content Package	1. 4 cards 2. 4 cards		BOB PHHC: Appreciate Yourself 9/8-9/14

Advance Notice

2025 Content – What’s Leaving in September



Topic	Retiring Journeys 		Retiring Media 	Topic
	Retiring Journeys: 1. Live Healthy: Diabetes 2. Breathe Easier with Asthma 3. Unlocking the Benefits of Flexible Work 4. Live Better with Coronary Artery Disease 5. Explore Different Identities 6. Prepare for Financial Emergencies 7. Make Time for Play			
		Challenges		

Advance Notice