

August 2024



Motto of the month:
Be kind to your mind

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Because health is personal™

On **World Lung Cancer Day**, explore the misunderstood risks of [lung cancer in non-smokers](#).

1

Begin **National Wellness Month** by setting personal health goals and planning activities that promote wellness.

2

It is World Breastfeeding Week let's ensure your little one [thrives right from the start](#).

3

Celebrate **National Wellness Month** by promoting your health and wellbeing program to your members. [We've got the tools to help!](#)

4

Make a conscious effort to stay hydrated throughout the day by keeping a water bottle with you and taking regular water breaks

5

Did you know that employee health and wellbeing can [affect productivity](#) big time?

6

Make this a family fitness day! Take a walk and [get active together!](#)

7

Embrace the outdoors and boost your physical and mental health by discovering the transformative [benefits of hiking](#).

8

Ensure a successful and less stressful back-to-school transition for working parents with [these insightful resources](#).

9

Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body's sleep-wake cycle.

10

Discover [the power of alone time](#).

11

Challenge yourself to add a new fruit or vegetable to your diet and explore different ways to prepare it.

12

Help members [overcome stress with our three tips](#).

13

Make wellness personal by encouraging members to [make sure their desk space is set up with ergonomics in mind](#).

14

Celebrate **National Relaxation Day** by engaging in your favorite relaxation techniques to rejuvenate your body and mind.

15

Do your teams need help with prioritizing their mental health? [We can help](#) with our Mental Health Toolkit, Journeys, and more!

16

Discover how you can [keep health up and healthcare costs down](#).

17

Spend time outdoors to appreciate the beauty of nature by visiting a local park or nature reserve and taking in the serene environment.

18

With each click, we freeze moments that will live forever. **Happy World Photo Day!**

19

What could your workforce do if people were at [their healthiest](#)?

20

Set a small, personal fitness challenge to push your limits and encourage regular physical activity.

21

Being mindful takes practice and patience. If you find that your thoughts wander to the past or future, that's OK. Once you notice these thoughts, turn your mind to the present.

22

Stay active and safe this summer with [these essential tips](#).

23

Discover how simplifying healthcare benefits navigation led to [productivity breakthrough](#).

24

See how you can [create a workplace](#) where every woman feels seen, supported, and empowered to bring her best self each day.

25

Honor Women's Equality Day by learning about the struggles and achievements of women's rights movements and promoting gender equality.

26

Engage in an activity you love, whether it's painting, dancing or playing a musical instrument, purely for the joy it brings you.

27

Are you a perfectionist? Trying to do everything perfectly can cause a lot of anxiety. Also, it's not always possible. Instead, just do the best that you can—that is enough.

28

[Get our tips](#) for helping your wellbeing initiatives reach all your members.

29

Fri 8/30 Assess your organization's health strategy [with our scorecard](#) to help identify strengths, weaknesses and improve opportunities.

30

Boost your program with insights from [our Global Facts & Key Findings Report](#), covering health, wellbeing, and navigation in the current climate and beyond.

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