

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

National Wellness Month

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

Missed our webinars? No problem! [Catch the replays](#) now for fresh insights and strategies to uplift your team.

13

Are employees' wellbeing needs truly prioritized? Find out in our [2024 Employee Health and Productivity Report](#).

14

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

15

Discover how a school district [achieved excellent wellbeing outcomes](#) with Personify Health!

16

Is your employee wellbeing program robust enough? [Discover how to build one that excels](#).

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

Elevate your team's health and wellbeing with our [Health Strategy Toolkit](#) – it's your next step towards a thriving workplace.

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

How does global health and wellbeing benefits navigation impact your organization? [Explore the facts here!](#)

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

How effective is your organization's health strategy? [Find out with our scorecard!](#)

29

Learn how [better benefits navigation](#) can simplify healthcare and boost productivity.

30

Kick off September with a fresh start: set achievable health goals, prioritize self-care, and stay active.

31