Employee wellbeing calendar

July 2024

Let's fix that! Dive into the

Ever wondered how physical

activity can boost mental

replays now for fresh insights

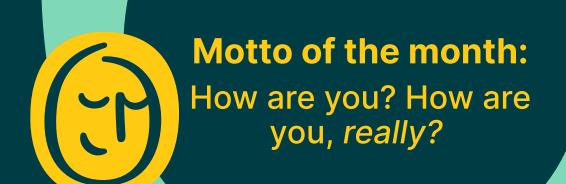
and strategies to uplift your

meditation. It can provide a

mental reset, reducing stress

and enhancing focus for the

second half of the week.



Because health is personal™



Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ahead of the new month, fix your posture at work. See why good posture matters.	1	Sunny days are here. Check out these 6 common sun mistakes to avoid this year.	Want to add healthy options to your Fourth of July fun? Here are 50 recipes you can choose from!	Independence Day Today we celebrate freedom, and the many paths we've walked to get here.	Aim to drink at least 8 glasses of water a day. Track your intake and notice the benefits in your skin and overall health.	Dedicate the day to minimizing screen time. Instead, delve into a book or spend quality time in nature.	What should you wear for outdoor workouts, depending on the temperature?
Here are 3 easy, nutritious rotisserie chicken recipes to try this week.	8	See which sunscreen is the best for your workout.	What are the values of setting boundaries at work?	Check out the benefits of workplace wellbeing challenges.	Explore strategies for fostering a supportive workplace environment by addressing microaggressions and enhancing BIPOC mental health.	Ready for late dinner nights with your friends? Check out these tricks to help you throw a better BBQ.	Lets's recognize neurodiversity beyond Autism awareness month!
Curious on how to become an Award-Winning workplace? Check it out now!	15	High Morale = High Performance! Here are 5 ways to boost team morale in the workplace.	World Emoji Day Use emojis or art to express how you feel today. Creative expression is a great way to manage emotions.	Reflect on the wellbeing goals you set at the beginning of the month. Celebrate progress and re-adjust as necessary.	Elevate your team's health and wellbeing with our Health Strategy Toolkit – it's your next step towards a thriving workplace.	Discover how organizations are reshaping benefits for a competitive edge and healthier workplace culture in 2024.	Embrace the art of doing nothing. Spend some time swaying in a hammock, and let nature rejuvenate your spirit. Need help setting aside "me time"?
Check out how organizations can support employees in managing work stress.	22	Are employees' wellbeing needs truly prioritized? Find out in our 2024 Employee Health and Productivity Report!	Challenge your mind with puzzles, reading, or learning new skills to build and maintain neural connections.	Here are 5 effective ways to enhance mobility while aging.	Less than 10% of eligible donors donate blood - so there's always a need. A quick Google search can help you locate a local donation center. Donate blood, save a life!	Find a friend who is also trying to get active and work out together! Exercise is always more fun with a friend, so invite one to join you today.	Celebrating the bonds that uplift us, the hearts that nurture us, and the spirit of compassion that unites us all on this Parents' Day.
(A)	29	Didn't catch our webinars live? 30	Dedicate 10 minutes to 31				