



# WELLNESS CALENDAR

# 2024

## JANUARY

ESI Webinar: Stay Healthy as You Age

[Explore The Benefit Website](#)

[New Year's Resolution Week](#)  
January 1-7th

## FEBRUARY

ESI Webinar: Painless Estate Planning

[American Heart Month](#)

[Eating For a Healthy Heart](#)

## MARCH

ESI Webinar: Bullying Awareness and Effective Response

Sleep Awareness Week  
March 10-16th

[Nutrition Month](#)

[Slip Into Slumber Challenge](#)

## APRIL

ESI Webinar: Budgeting Basics: Financial Wellness is Within Reach!

[Stress Awareness Month](#)

[Step Aerobics starting April 2nd every Tuesday](#)

[Yoga starting April 3rd every Wednesday](#)

## MAY

ESI Webinar: Beyond Blue: Understanding Mental Illness

[National Mental Health Month](#)

[National Women's Health Week](#)

[Step Aerobics ends May 21st](#)

[Yoga ends May 22nd](#)

## JUNE

ESI Webinar: Procrastination: Getting & Staying Motivated

**A Walk to Remember**  
**June 9th**

[National Men's Health Week](#)

SparkUnplug: [Happiness: A Gratitude Practice](#)

## JULY

ESI Webinar: Household and Individual Budgeting

[National Park & Recreation](#)

[The Healthy Vacation Guide](#)

## AUGUST

ESI Webinar: Did you Hear Me? Active Listening as a Key to Success

[This Is What Burnout Looks Like](#)

[Achieving Financial Freedom Challenge](#)

## SEPTEMBER

ESI Webinar: Putting Out the Fire: Preventing and Managing Burnout

[Suicide Prevention Month](#)

[Fit City Challenge](#)  
September 1 - 30th

**Flu Shots Begin** →

Open Enrollment For Benefits

## OCTOBER

ESI Webinar: Investing 101

[Global Mental Health Day](#)  
October 15th

[Manage Your Stress The Mindful Way](#)

## NOVEMBER

ESI Webinar: Practicing Gratitude to Boost Your Happiness

[National Diabetes Month](#)

[100 Randoms Acts of Kindness That Could Change The World](#)

## DECEMBER

ESI Webinar: Strategies for Stress Relief

[Giving Tuesday](#)  
December 3rd

[7 Ways to Stop the Spread of Germs](#)

**Flu Shots Cont.** →

**Flu Shots Conclude**  
**November 30**



**WESTERN RESERVE**  
CARE SOLUTIONS