2021 Event Calendar

January 1
Incentive program begins

February 10
Wellness Speaker Series: Rethinking Stress

March 18
Wellness Speaker Series: Timing and Frequency of Meals for Optimal Health

April 7
10th Annual Wellness Fair

May 1-15
Wellness Grants (1st Cycle)

May 19
Wellness Speaker Series: RISE from Burnout

June 9
Wellness Speaker Series: Are Your Genes to Blame When Your Jeans Don’t Fit?

July 22
Wellness Speaker Series: Compassionate Actions for Soothing Stress

August 11
HealthySteps to Wellness Walks: Various SHC and SCH locations

September 1-15
Wellness Grants (2nd Cycle)

September 23
Wellness Speaker Series: Emotional Regulation in the Face of Challenge

September 30
Incentive program ends

October 14
Wellness Speaker Series: Limitless Minds: Learn, Lead and Live without Barriers

December 6-10
Compassion Week

For more information, visit us at wellness.healthysteps4u.org
Wellness Speaker Series

At-A-Glance Calendar

Please register early for these popular events! All speaker events will be Webinar only.

Earn 25 points for attending each Wellness Speaker event (up to 50 points). Login to your account. Go to the homepage, select "Add Programs" and look for the Wellness Speaker Series to report your attendance. Missed the opportunity to join? Watch the recorded webinar here.

**Wednesday, February 10**
Rethinking Stress

**Thursday, March 18**
Timing and Frequency of Meals for Optimal Health

**Wednesday, May 19**
RISE from Burnout

**Wednesday, June 9**
Are Your Genes to Blame When your Jeans Don’t Fit?

**Thursday, July 22**
Compassionate Actions for Soothing Stress

**Thursday, September 23**
Emotional Regulation in the Face of Challenge

**Thursday, October 14**
Limitless Minds: Learn, Lead and Live without Barriers

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