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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