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 13**
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

**Wednesday, October 13**
Limitless Minds: Learn, Lead and Live without Barriers

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