



2024 Event Calendar*

January 31

Incentive program begins

February 6-28

(Tuesdays and Wednesdays)

On-site pop-up Registration Event (SHC Market Square Cafe or SMCH Harvest Café on select weeks)

March 1-15

Wellness Grants (Cycle 1)

March 5

Stanford Healthy Living Spring Registration Opens

April 24

Wellness Fair 500P
Assembly Hall

May 28

Stanford Healthy Living Summer Registration Opens

August 8

HealthySteps to Wellness Walk

September 1-15

Wellness Grant (Cycle 2)

September 3

Stanford Healthy Living Fall Registration Opens

September 30

Incentive program ends

December 2-6

Compassion Week

For more information, visit us at wellness.healthysteps4u.org

*Dates may be subject to change