



## 2023 Wellness Program Calendar of Events

<b>APRIL</b>	<ul style="list-style-type: none"> <li>• April 5<sup>th</sup>: Wellness Wednesday Message: <i>Get the Most from Your New Wellness Portal</i> (25 pts)</li> <li>• KEPRO Monthly Presentation: <i>Sustainability: Guiding Your Family to Cleaner Living</i> (25 points)</li> <li>• <b>Group walk</b> at Meadowood Regional Park: Wed, April 19th 4p-6p - Rain Date April 20th (25 pts)</li> <li>• New Wellness Portal Registration &amp; Health Assessment (100 pts)             <ul style="list-style-type: none"> <li>○ Complete by April 30<sup>th</sup> for an entry into a drawing for 1 of 4 \$25.00 Gift Cards</li> </ul> </li> </ul>
<b>MAY</b>	<ul style="list-style-type: none"> <li>• May 3<sup>rd</sup>: Wellness Wednesday Message:             <ul style="list-style-type: none"> <li>○ <i>The Benefits of Your Employee Assistance Program/EAP</i> (25 pts)</li> </ul> </li> <li>• KEPRO Monthly Presentation: <i>Listening: Are You a Good Listener?</i> (25 pts)</li> <li>• Company Challenge: “Step It Up” Challenge (100 pts)             <ul style="list-style-type: none"> <li>○ May 1<sup>st</sup> - May 31<sup>st</sup></li> <li>○ Opportunities to “Step it Up” as a group at Meadowood Regional Park:                 <ul style="list-style-type: none"> <li>• Wed, May 3<sup>rd</sup> 4p-6p – Rain Date May 4<sup>th</sup> (25 pts)</li> <li>• Wed, May 17<sup>th</sup>, 4p-6p - Rain Date May 18<sup>th</sup> (25 pts)</li> </ul> </li> </ul> </li> </ul>
<b>JUNE</b>	<ul style="list-style-type: none"> <li>• June 7<sup>th</sup>: Wellness Wednesday Message:             <ul style="list-style-type: none"> <li>○ <i>What is Livongo for Diabetes?</i> (25 pts)</li> </ul> </li> <li>• KEPRO Monthly Presentation: <i>Points of View: Keeping an Open Mind</i> (25 pts)</li> <li>• Live Virtual Webinar: <i>The Six Dimensions of Wellness</i> (50 pts)</li> </ul>
<b>JULY</b>	<ul style="list-style-type: none"> <li>• July 5<sup>th</sup>: Wellness Wednesday Message:             <ul style="list-style-type: none"> <li>○ <i>Managing Your Medications – What? When? How? Pre-auth, specialty drugs, US-RX Care</i> (25 pts)</li> </ul> </li> <li>• KEPRO Monthly Presentation: <i>Parenting Questions: Overcoming Parenting Guilt</i> (25 pts)</li> <li>• Live Virtual Webinar: <i>Heart Disease &amp; Cholesterol</i> (50 pts)</li> </ul>
<b>AUGUST</b>	<ul style="list-style-type: none"> <li>• August 2<sup>nd</sup>: Wellness Wednesday Presentation:             <ul style="list-style-type: none"> <li>○ <i>Aging Well – Nutrition &amp; Weight Management</i> (25 pts)</li> </ul> </li> <li>• KEPRO Monthly Presentation: <i>Money Management: Digging Deep</i> (25 pts)</li> <li>• Company Challenge: 30 Day “Building Better Habits” Challenge (100 pts)             <ul style="list-style-type: none"> <li>○ August 1<sup>st</sup> – August 30<sup>th</sup></li> <li>○ Focus on moving more, eating for health, staying hydrated, better rest and relaxation habits</li> </ul> </li> </ul>
<b>SEPTEMBER</b>	<ul style="list-style-type: none"> <li>• September 6<sup>th</sup>: Wellness Wednesday Message:             <ul style="list-style-type: none"> <li>○ <i>Mindfulness and Meditation</i> (25 pts)</li> </ul> </li> <li>• KEPRO Monthly Presentation: <i>Gratitude Mindset: The Gratitude Habit</i> (25 pts)</li> <li>• Live Virtual Webinar: <i>Healthy Mind Toolkit – Boosting Your Mental Health</i> (50 pts)</li> <li>• Group Walk at Meadowood Regional Park:             <ul style="list-style-type: none"> <li>○ Wed, Sept 6<sup>th</sup> 4p-6p - Rain Date Sept 7<sup>th</sup> (25 pts)</li> <li>○ Wed, Sept 20<sup>th</sup> 4p-6p – Rain Date Sept 21<sup>st</sup> (25 pts)</li> </ul> </li> </ul>
<b>OCTOBER</b>	<ul style="list-style-type: none"> <li>• October 4<sup>th</sup>: Wellness Wednesday Message:             <ul style="list-style-type: none"> <li>○ <i>Preventative Care Screenings: What are they &amp; Why are they important?</i> (25 pts)</li> </ul> </li> <li>• KEPRO Monthly Presentation: <i>Reactions: Pause. Breathe. Resume</i> (25 pts)</li> <li>• Live Virtual Webinars: <i>Medicare</i> (50 pts) &amp; <i>Social Security</i> (50 pts)</li> <li>• Group Walk at Meadowood Regional Park: Wed, Oct 4<sup>th</sup> 4p-6p - Rain Date Oct 5<sup>th</sup> (25 pts)</li> </ul>
<b>NOVEMBER</b>	<ul style="list-style-type: none"> <li>• November 1<sup>st</sup>: Wellness Wednesday Message:             <ul style="list-style-type: none"> <li>○ <i>Healthy Eating During the Holidays</i> (25 pts)</li> </ul> </li> <li>• KEPRO Monthly Presentation: <i>Caregiving: Care for the Caregiver</i> (25 pts)</li> <li>• Live Virtual Webinar: <i>Diabetes Prevention &amp; Management</i> (50 pts)</li> </ul>
<b>DECEMBER</b>	<ul style="list-style-type: none"> <li>• December 6<sup>th</sup>: Wellness Wednesday Message:             <ul style="list-style-type: none"> <li>○ <i>Understanding Seasonal Affective Disorder/SAD</i> (25 pts)</li> </ul> </li> <li>• KEPRO Monthly Presentation: <i>Embrace Change: Making a Change</i> (25 pts)</li> </ul>