

Wellness Campaigns



Nutrition & Healthy Eating

Good-For-You Cooking

- Week 1: Healthy Meal Prep
- Week 2: Healthy on a Budget
- Week 3: Healthy on the Go
- Week 4: Healthy Tips and Tricks

Eating Smart

- Week 1: Healthy Eating Basics
- Week 2: Plant-Based Foods
- Week 3: Foods and Feelings
- Week 4: Eat, Move, Sleep

Mental Well-Being

Powered by Emotion

- Week 1: Feeling What we Feel
- Week 2: Feelings as Information
- Week 3: Feeling in Control
- Week 4: Feelings as Fuel

The Links of Life

- Week 1: Obligations and Pleasures
- Week 2: Thoughts and Motivations
- Week 3: Challenges of our Reality
- Week 4: Maximizing our Actions

Building Mental Strength

- Week 1: A Healthy Sense of Self
- Week 2: Embrace Healthy Thoughts
- Week 3: Manage Your Emotions
- Week 4: Prioritize Relationships

Personal Well-Being

Focus on Financial Well-Being

- Week 1: Healthy Finances
- Week 2: Money Mindset
- Week 3: Financial Self-Care
- Week 4: Future Finances

Physical Activity

Ready. Set. Play. Find the Fun in Fitness

- Week 1: Get Outside
- Week 2: Bust a Move
- Week 3: Grab a Friend
- Week 4: Get Social

Finding Your Fitness

- Week 1: Move Your Way
- Week 2: The Mind-Body Connection
- Week 3: Rest and Recovery
- Week 4: Tools and Techniques

Seasonal Wellness

Embracing Summer Wellness

- Week 1: Maximize the Season
- Week 2: Practice Safe Sunshine
- Week 3: Eat Up the Season
- Week 4: Let's Be Practical
- Week 5: That Summer Feeling
- Week 6: 30 Days of Self-Care

Winter Wellness

- Week 1: Eat Well in the Winter
- Week 2: Embracing the Cold
- Week 3: Beat the Exercise Blues
- Week 4: Healthy Holidays
- Week 5: Wind Down and Rest Up
- Week 6: Thriving the Season

Home-Cooked for the Holidays

- Week 1: Dressing Up the Classics
- Week 2: Let's Do Brunch
- Week 3: Plant-Based Feast
- Week 4: International Inspiration
- Week 5: Make-Ahead Menu
- Week 6: Terrific Tapas