



# Well-Being Calendar

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[www.HealthCheck360.com](http://www.HealthCheck360.com)

## January

### Goal Setting

January is the perfect time for a fresh start

**WEBINAR:**  
The Power of Positive Thinking

## February

### Heart Health

Use nutrition and movement to improve your heart health

**WEBINAR:**  
Exercise Hot Topics

## March

### Nutrition

Creating a balanced diet for boosting energy and vitality

**WEBINAR:**  
Grocery Shopping 101

## April

### Creating New Habits

Achieve better health with realistic goals

**WEBINAR:**  
Boost Your Energy Today

## May

### Mental Health Awareness Month

Nurture your inner resilience for a stronger, healthier mind

**WEBINAR:**  
Navigating Social Media

## June

### Eat Colorful

Switch up your diet by trying new foods

**WEBINAR:**  
Easy Ways to Eat More Vegetables

## July

### Efficient Exercise

Optimize your schedule while staying active

**WEBINAR:**  
Maximize Your Workout

## August

### Stress Management

Techniques for a calmer, healthier life

**WEBINAR:**  
The Science of Breathwork

## September

### Mindful Eating

Improve your relationship with food

**WEBINAR:**  
What is Intuitive Eating?

## October

### Benefits 101

Utilizing resources available to you

**WEBINAR:**  
Navigating Healthcare

## November

### Prioritize Well-Being

Embrace a long and healthy life with practical wellness tips

**WEBINAR:**  
Strengthen Your Immune Health

## December

### Setting Boundaries

Discover how to set boundaries to protect your mental well-being

**WEBINAR:**  
Beat the Winter Blues