

2025 Wellness Calendar

Fostering a Culture
of Well-Being All
Year Long

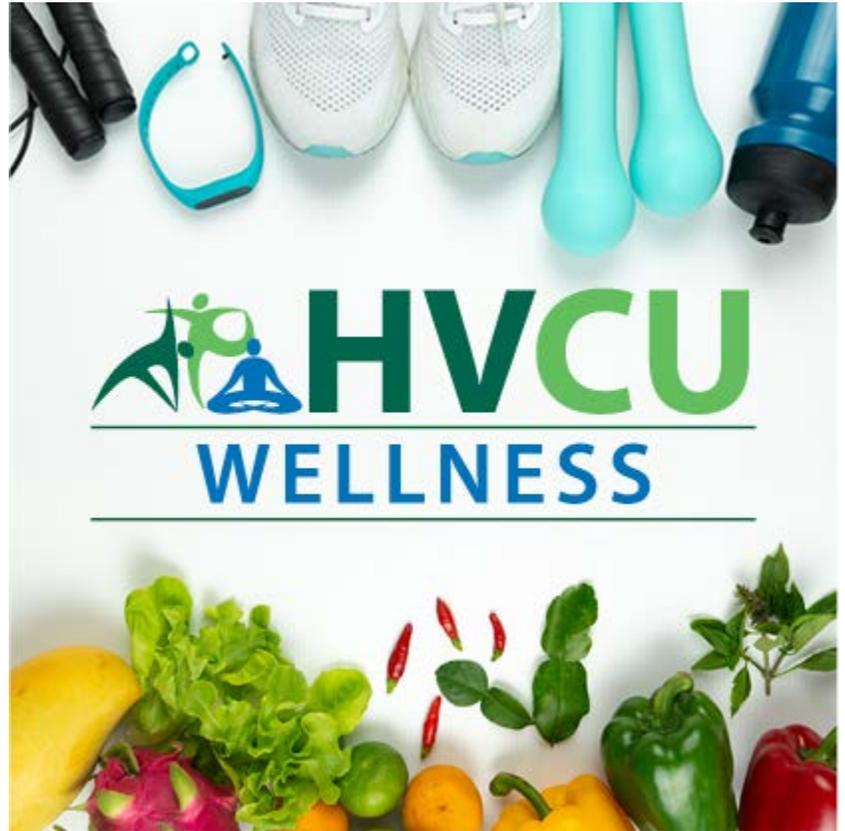


OUR PURPOSE

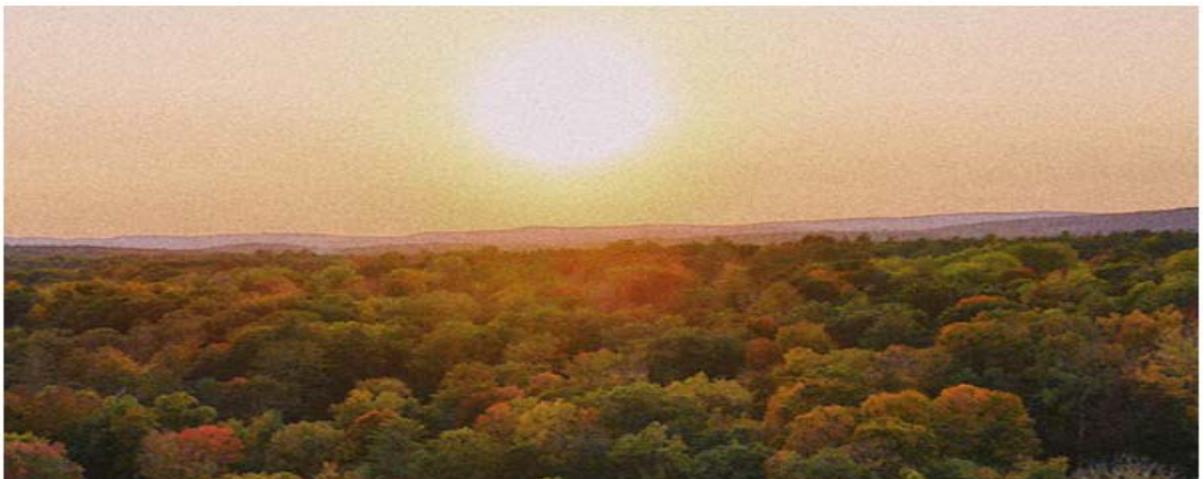
Our Wellness Committee creates, fosters, and maintains a culture of well-being, both for employees and their families. Our mission is to enrich employees' well-being and provide opportunities for healthier lifestyle choices, both at work and at home.

OUR IMPACT

We provide a variety of diverse activities, programs, and educational resources to support the holistic well-being needs and wants of all staff and their families.



Holistic approach focusing on emotional, financial, physical, nutritional and social well-being



January

Use the “fresh start effect” to your advantage! Take a step toward your health goals today.

It's All About You!

Know Your Numbers/Preventative Exams

Start the new year by knowing your numbers and getting your Preventative Exams.



New Year's Resolutions

- **Self-Help Resources:** 10 Money Resolutions for the New Year
- **EAP Webinar:** Planning for Personal Success

1 New Year's Day

New Year's Day is a great time to make change. Start exercising, eating healthy and working toward your goals.

10 Houseplant Appreciation Day

Houseplants have been shown to reduce stress and improve indoor air quality. Choose low – maintenance air – filtration champs like spider plants (which are also per – safe).

13 National Clean Off Your Desk Day

Clearing clutter can heighten focus and lower stress. Consider ways you can get organized and donate or recycle what you no longer need.

14 NFP Webinar 12pm

Embrace the Power of "Flow State" for a Thriving Year

15 Wellworks Meditation Series

(Every 2nd or 3rd Wednesday of each month)
12pm EST

24 Global Belly Laugh Day

Laughter lightens depression, relieves pain and can even improve immunity long – term. Queue up the cat videos or share a funny story and feel your tension melt away.

February

Commit to healthy changes for a lifetime of heart health!

Heart Health Month

This is a time to pay special attention to understanding, preventing and treating heart disease – the leading cause of death in the nation.



CPR & Stroke information

Don't forget!

HVCU offers **MetLife Pet Insurance** – take care of your pet on National Love Your Pet Day.

7 National Wear Red Day

Wear red on the first Friday of February for **National Wear Red Day**® to raise awareness about heart disease and encourage others to do the same.

12 Wellworks Meditation Series

(Every 2nd or 3rd Wednesday of each month)
12pm EST

17 Random Acts of Kindness Day

Acts of kindness help others feel cared for and included. Do something nice for someone today! (Hint: You're someone, too.)

20 National Love Your Pet Day

Is your best friend furry, feathered or scaled? Pamper them to say "thank you" for the way they help lower your stress and improve your heart health.

26 National Pistachio Day

Eating pistachios or other nuts can reduce heart disease risk. Add a handful to your routine 4–6 times per week (about 1.5 ounces or 2 tablespoons nut butter).

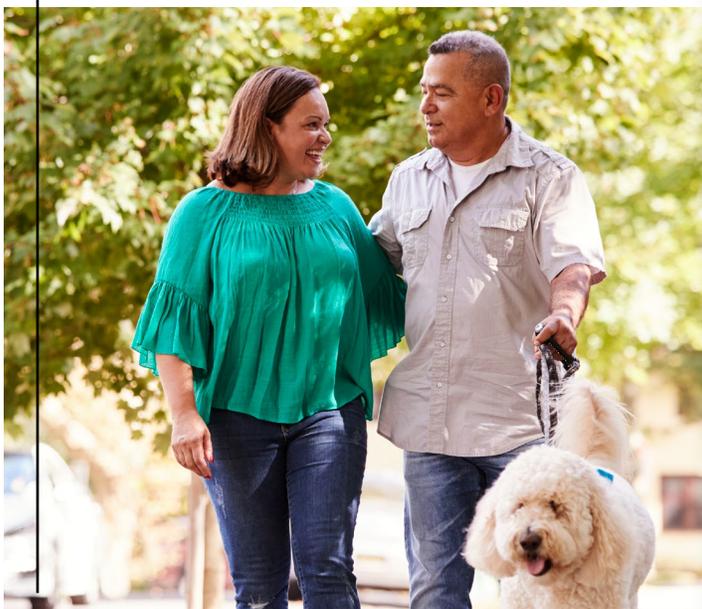
March

Good health is more than luck.
Empower yourself to make
healthy choices!

National Nutrition Month

If the start of spring has you thinking green, add more dark leafy greens to your meals! A daily dose can lower Alzheimer's risk and improve gut health.

Schedule a Free Wellworks Health Coaching for Nutrition



National Eating Disorders Awareness Week 2/24-3/2

- **Self-Help Resources: Eating Disorders**
- **External Resource: The National Institute of Mental Health Eating Disorders**

4 National Snack Day

Everyone loves a snack, but snack mindfully! If you're truly hungry, try reaching for a healthier pick-me-up like fresh fruit, cut veggies or nuts.

6 National Frozen Food Day

Some fruits and vegetables maintain more nutrients when frozen—but be cautious around processed foods that contain added salt, sugar and fat.

9-15 National Sleep Awareness Week

10 Spring Forward

Get at least seven hours of sleep nightly, start adjusting bedtimes by 15–20 minutes a day a few evenings before, and head outdoors for morning sunlight after.

11 NFP Webinar 12pm

[Your Sleep Optimization Toolkit](#)

12 Wellworks Meditation Series

(Every 2nd or 3rd Wednesday of each month)
12pm EST

Wellworks Quarterly Challenge: Game of Life

This four (4) week Game of Life Challenge invites you to complete simple, impact habits each week. Focused on nutrition, communication, sleep, movement, and meditation—complete 3 habits per week to advance.

April

Get out into nature—and grow your health at the same time!

National Stress Awareness Month

Learning to manage stress is an important part of a healthy lifestyle. Try different ways to keep your stress in check this month and see what works best for you.



National Humor Month

Research has shown that laughing for two minutes is just as healthy as a 20 minute jog. So now I'm sitting in the park laughing at all the joggers.

Cool Funny Quotes.com

2 World Autism Awareness Day

Awareness of autism is increasing. Let's continue working toward a neuro-inclusive world that honors the rights and contributions of neuro-diverse people.

8 Draw a Bird Day

In 1943, a little girl asked her wounded veteran uncle to draw her a bird, which took his mind off his pain. Creative outlets do the same for us today and every day!

16 Wellworks Meditation Series

12pm EST
(Every 2nd or 3rd Wednesday of each month)

25 Arbor Day

Trees make the oxygen we breathe and their greenery calms and centers us. Care for a tree or join a tree-planting event today.

26 Hudson Valley Heart Walk

[Walkway Over the Hudson](#)

30 Adopt a Shelter Pet Day

Pets can keep us from feeling lonely, get us outside, and even lower our blood pressure. So, when you adopt from a shelter – who's rescuing whom?

May

Like a seed that's starting to sprout, take one action toward wellness today.

Mental Health Month

One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.



Learn more about [HVCU's Mental Health Resources](#) through Anthem Blue Cross Blue Shield.

4 National Fitness Day

What's your current fitness level? Take it up a notch by committing to walking, biking or participating in another activity that's meaningful for you. Walking a pet is a great activity.

13 NFP Webinar: Joy to Your World

14 Wellworks Meditation Series

(Every 2nd or 3rd Wednesday each month)
12pm EST

20 World Bee Day

Three out of four fruit and seed crops used for food depend on bees and other pollinators. Support bee-friendly farming and gardening in your area.

29 Learn About Composting Day

Composting diverts greenhouse-gas producing food waste from landfills and adds nutrients back to the earth. Learn how you can get started!

31 World No Tobacco Day

Every day is a good day to stop smoking, vaping or chewing tobacco products. Kick your tobacco habit once and for all.

Read about [HVCU's Nicotine Replacement Therapies Reimbursement Program](#).

June

Warm up to wellness as summer temperatures really kick in!

Work-Life Balance and Self-Care Month

Professional Wellness Month underscores the vital connection between a healthy work culture and overall employee happiness and productivity.



Men's Health resources

JUNE is
MEN'S HEALTH
MONTH



5 World Environment Day

Help keep air and plastic pollution—as well as global temperatures—from continuing to rise. Take steps such as planting a tree or cleaning up a local waterway.

17 National Eat Your Vegetables Day

Eat at least three servings of vegetables along with at least two servings of fruit to help reduce your disease risk and maintain your well-being.

18 Wellworks Meditation Series

(Every 2nd or 3rd Wednesday each month)
12pm EST

21 International Day of Yoga

Yoga offers benefits to both the mind and body. Make healthier choices and increase your physical activity today.

23 National Hydration Day

Up to 60 percent of the human body is water. Use today to be mindful of how much water you drink, and keep your body healthy and humming!

Wellworks Quarterly Challenge: Don't Wait - Hydrate!

Stay refreshed and build lasting hydration habits with this four (4) week hydration challenge!

July

Take time to rest, recover and relax.
You deserve it!

UV Safety Month - Getting Outdoors!

UV (ultraviolet) radiation is a type of electromagnetic radiation. Like all radiation, UV radiation is energy that spreads as it travels. Exposure to UV, either from the sun or other sources, is a major risk factor for skin cancer.



7 Global Forgiveness Day

Forgiveness is a process. Start letting go of painful emotions by taking a step toward forgiving someone who hurt you.

8 NFP Webinar 12pm

Money Moves That Matter

16 Wellworks Meditation Series

(Every 2nd or 3rd Wednesday each month)
12pm EST

22 World Brain Day

One in three of us will be affected by stroke or dementia. But there are many things you can do to lower this risk. Eat fresh, whole foods and get active to help protect your future.

24 International Self-Care Day

Take time to pamper yourself. Take time to pamper yourself by focusing on things that help your mental, physical and spiritual health.

August

Keep an eye on your well-being all throughout August.

National Wellness Month

Taking care of your health should be a priority—it's important to acknowledge that well-being is not a one-time event. It's an ongoing practice of small, daily acts that allow people to manage stress, be more productive, and feel happier and healthier.



7 National Friendship Day

Feeling connected can help keep your body and mind healthy. Reach out to old friends—or make some new ones!

11 Annual Medical Checkup Day

Knowing your numbers is the first step toward lasting well-being. Schedule a health screening to learn yours.

13 Wellworks Meditation Series

(Every 2nd or 3rd Wednesday each month)
12pm EST

15 International Relaxation Day

30 National Failures Day

While nobody actually enjoys failing, taking risks, making mistakes, and learning from our failures is an important part of skill building and success.

31 International Overdose Awareness Day

Overdoses are on the increase since the pandemic. If you or someone you know is struggling with addiction, there are resources available that can help.

September

Wake up to crisp fall air—and crisp fall fruits like apples and pears!

Healthy Aging Month

Healthy habits can help keep your body and mind at their best. Start some today and it will help you maintain good health year after year!



Wellworks Quarterly Challenge: Homerun for Health and Wellness

Step up to the plate and knock it out of the park with this virtual walking tour of baseball's most iconic stadiums!

8 International Literacy Day
Being able to read is critical to health and safety—and one in ten Americans can't. This day is a reminder that literacy promotes dignity and advances well-being for all.

9 NFP Webinar 12pm
Healthy Aging

10 World Suicide Prevention Day
You can help prevent suicide by simply offering a helping hand. And if your loved one is in immediate danger, call 998, the national Suicide and Crisis Lifeline.

17 Wellworks Meditation Series
(Every 2nd or 3rd Wednesday each month)
12pm EST

21 International Day of Peace
A peaceful and just society is one that is free of violence and inequality. Let's keep working toward a world where opportunity and comfort for all becomes reality.

23 Falls Prevention Awareness Day
If you have a senior in your life—or your own balance isn't what it used to be – take time to educate yourself to help prevent falls.

27 Family Health and Fitness Day
Fitness should be a family affair! Use this day to hike, play and stay active with your loved ones.

October

As the seasons change, stay warm and stay well.

Breast Cancer Awareness Month

Held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States.



Receive \$50 if enrolled in MetLife - Critical illness Insurance just for getting mammogram Health Screening.

1 International Music Day
Promote ideals of peace, friendship and cultural exchange. Whether you love Motown, metal or Mozart, share your favorite song—or write a new one!

10 World Mental Health Day
Raise awareness of mental health issues around the world. The day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

15 Wellworks Meditation Series
(Every 2nd or 3rd Wednesday each month)
12pm EST

18 World Mammography Day

29 National Oatmeal Day
High in healthy complex carbohydrates and a good source of protein, fiber and minerals – oatmeal takes center stage at breakfast and also can be used to make healthier baked goods!

November

Consider ways to stay centered as the holidays get going.

Gratitude Month

What are you grateful for? Expressing our gratitude has surprising health benefits—including improving our sleep, mood and immunity.



3 Fall Back

Gradually shift bedtimes, mealtimes and exercise schedules by 15–20 minutes a day until you're back on schedule. Eating healthy can help, too.

4 NFP Webinar 12pm Gratitude and Giving Back

12 Wellworks Meditation Series (Every 2nd or 3rd Wednesday each month) 12pm EST

13 World Kindness Day

14 World Diabetes Day

Healthy habits can keep you feeling good and help you avoid diabetes complications. Learn what you can do to live a full and rich life with diabetes.

20 Great American Smokeout

An annual intervention event on the third Thursday of November by the American Cancer Society.

Wellworks Quarterly Challenge: Complaints to Compliments

Complaining can negatively affect our physical and mental wellbeing. In the challenge, you will complete various healthy habits over the course of four (4) weeks that will help you overcome stressful situations and lead to a more fulfilling life.

December

Find balance and feel your best during this busy time of year.

Seasonal Depression Awareness Month



National Impaired Driving Prevention Month

1-7 National Handwashing Awareness Week

Cleaning your hands regularly is an effective way to prevent the flu and other illnesses. Scrub for about 20 seconds for the best results!

1 National Impaired Driving Prevention Month

Holidays abound this month! If your gatherings include alcohol, commit to designating a driver, using a ride-share service or taking a cab.

5 International Volunteer Day

10 Wellworks Meditation Series

(Every 2nd or 3rd Wednesday each month)
12pm EST

27 Make Cut-Out Snowflakes Day

Grab some paper and scissors and get snipping to create beautiful snowflakes—whether there's snow on the ground outside, or not!

31 New Year's Eve

Around the world, friends and family will gather to ring in the new year. Stay warm, stay safe, and start a new cycle of change and possibility!



Your [everything](#) well – being partner.



To make the most of your well – being program, visit [Wellworks For You Portal](#).