

Wellness within reach

2025



Inspiration within reach

	January Mind	February Body	March Growth
Monthly feature	Mental wellness	Eating disorder awareness	Anxiety
Webinar	Exercise and mental health	Becoming aware of your emotional intelligence	Ready, set, relax
Podcast: Think Tank	Day-to-day mindfulness	Body image and its impact	Adulting: do I have to?
Let's Learn	5 ways to practice optimism	Moving more for mental wellness	Your thoughts affect what you feel and do
Mindful Moment/ Relaxation exercise	Progressive muscle relaxation	Eat mindfully	Grow from your mistakes



Help within reach

	April Explore	May Learn	June Relate
Monthly feature	Stress awareness	Mental Health Awareness Month	National Men's Health Awareness Month
Webinar	Balance: relaxation techniques	The company you keep: the impact of your inner circle	Powerful parenting
Podcast: Think Tank	Building meaningful connections	Understanding anxiety and ways to cope	Dating in midlife
Let's Learn	How your mind and body react to stress	3 signs your teen is struggling	5 ways to reduce loneliness and increase connection
Mindful Moment/ Relaxation exercise	Finding the positives	Breathe deep. Stress less.	Healthy habits



Balance within reach

	July Play	August Recharge	September Focus
Monthly feature	BIPOC Mental Health Month	Overdose Prevention and Awareness Month	National Suicide Prevention and Awareness Month
Webinar	Adapting to change at work	Making time for me: finding work/life balance	Mental health: best practices at work
Podcast: Think Tank	Let's play	The importance of rest	Shoulda, coulda, woulda
Let's Learn	6 tips to build healthy gaming habits	Practicing self-compassion	How to do guided imagery
Mindful Moment/ Relaxation exercise	Time out	Trust the "process"	Find your center



Connection within reach

	October Inspire	November Appreciate	December Reflect
Monthly feature	National Bullying Awareness Month	National Veterans and Military Families Month	Identity theft awareness
Webinar	The power of paying it forward	The impact of gratitude	Transitions: paths to personal growth
Podcast: Think Tank	Finding inspiration through creativity	Learning to be kind to ourselves	Celebrating your path to the present
Let's Learn	5 ways to manage your emotions	7 ways to build resilience	Sleep importance
Mindful Moment/ Relaxation exercise	Coping with anger	Gratitude	A peaceful place

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