

2023 Marketing Kit Campaigns

JANUARY

Healthy Habits



Motivate members to integrate healthy habits into their daily lives. This toolkit provides resources to build a routine and stay on track.

FEBRUARY

Heart Health



Spread awareness on the importance of cardiovascular health. This toolkit provides resources for a strong and healthy heart.

MARCH

Nutrition



Educate members on how to make informed food choices. This toolkit provides resources to learn the basics of healthy eating and nutrition.

APRIL

Stress Management



Share strategies to cope with stress and anxiety. This toolkit provides resources to manage stress and improve everyday living.

MAY

Mental Health



Raise awareness about the importance of mental health. This toolkit provides resources to prioritize mental health and wellbeing.

JUNE

Wellbeing at Work



Foster a more positive, productive workplace. This toolkit provides resources to focus on health and wellness at work.

JULY

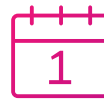
Self-Care



Encourage members to take care of themselves. This toolkit provides resources to practice self-care for mental and physical health.

AUGUST

Back to the Basics



Get back to the fundamentals of wellness. This toolkit provides resources to support beginners or those looking for a fresh start.

SEPTEMBER

Preventive Health



Promote preventive care to support long-term health. This toolkit provides resources to improve overall health and prevent chronic disease.

OCTOBER

Mind-Body Connection



Support mental wellbeing through exercise. This toolkit provides resources to promote the impact of physical activity on mental health.

NOVEMBER

Stress and Resilience



Learn how to adapt to busy and stressful times. This toolkit provides resources to practice gratitude and support wellbeing.

DECEMBER

Mindfulness



Improve mental clarity through the practice of mindfulness. This toolkit provides resources to reset and create more calm.