

WELL-BEING@WORK



APRIL

Challenge:

Colorful Choices
April 1- May 12

Training:

Well-Being@Work
Overview

Well-Being Survey:

Send by April 26



MAY

Planning Meeting:

Meet with Coordinator
by May 31

Submit Spotlights!

Due May 31

JUNE

Training:

Well-Being Topic
Trainings (Raise
Awareness)

Webinar:

Keep America Active
Challenge

JULY

Well-Being@Work Annual Plan Implementation BEGINS!

July 2019 – June 2020

Challenge:

Keep America Active
July 8 – August 16



AUGUST

Grants:

Applications Due:
August 15

Submit Spotlights!

Due August 30

SEPTEMBER

Training:

Well-Being Topic
Trainings (Offer
Programs)

Webinar:

Flu Prevention

Champion Appreciation Event

WELL-BEING@WORK



OCTOBER

Grants:

Announcements:
October 4

Flu/OE Promotion



NOVEMBER

Check-In Meeting:

Meet with Coordinator
by November 22

Webinar:

Take Time to
RECHARGE

DECEMBER

Challenge:

Create a RECHARGE
Routine:
December 2 - January
12



JANUARY

Challenge:

Live Feel, Be Better
(Know Your Numbers:
Screenings)
January 20 – February 20

Submit Spotlights!

Due May 31



FEBRUARY

Training:

Well-Being Topic
Trainings (Create a
Culture)

MARCH

Check-In Meeting:

Meet with Coordinator
by February 28