

Well Wisconsin Calendar

2024 PROGRAM PLANNING



+



Use this customizable calendar form to plan Well Wisconsin activities for your worksite(s), and click the links in the activity column to secure your event dates. [Contact your WebMD team](#) for questions or to collaborate on program planning.

Activity/Theme	January	February	March	April	May	June
Well WI Challenges <i>(click for challenge toolkits)</i>		Seize the Zzzz Sleep Challenge March 20-April 16, register March 6-March 27				
	Move for a Million Challenge, January 8-October 11, get started at any time					
Well-being Themes <i>(click for webinar details)</i>	2024 Kick-off	Physical Activity	Sleep	Sustainability	Fitness	Men's Health
Chronic Condition Management Themes <i>(click for webinar details)</i>	2024 Kick-off	Heart Health	Nutrition	Tobacco Cessation	Digestive Health	Vegetables and Carbohydrates
Mental Health Themes <i>(click for webinar details)</i>	2024 Kick-off	Self-Care	Mental Illness Stigma	Stress Management	Mental Health Awareness	Exercise and Mental Health
Biometric Screenings or Flu Vaccine Clinics <i>(click to schedule)</i>	Schedule Screenings	Host Onsite Biometric Screenings, February 1-October 4				Schedule Flu Clinics
Well WI Presentations <i>(click to schedule)</i>						
Interactive Events <i>(click to schedule)</i>						
Culture of Health Assessment <i>(click to schedule)</i>						
Employer-Sponsored Activities (ESA) <i>(click to request and explore our ESA toolkit resources)</i>						

Well Wisconsin Calendar

2024 PROGRAM PLANNING



+



Use this customizable calendar form to plan Well Wisconsin activities for your worksite(s), and click the links in the activity column to secure your event dates. [Contact your WebMD team](#) for questions or to collaborate on program planning.

Activity/Theme	July	August	September	October	November	December
Well WI Challenges <i>(click for challenge toolkits)</i>		Five to Thrive Challenge August 28-September 24, <i>register August 14-September 4</i>				
	Move for a Million Challenge, January 8-October 11, <i>get started at any time</i>					
Well-being Themes <i>(click for webinar details)</i>	Summer Health	Meal Planning	Self-care for Caregivers	Financial Well-being		
Chronic Condition Management Themes <i>(click for webinar details)</i>	Hydration	Preventive Care	Healthy Aging	Food and Mood	Diabetes Prevention	
Mental Health Themes <i>(click for webinar details)</i>	Kindness and Self-Care	Work-life Balance	Suicide Prevention	Mental Health		Seasonal Depression
Biometric Screenings or Flu Vaccine Clinics <i>(click to schedule)</i>	Host Onsite Biometric Screenings, February 1-October 4		Host Onsite Flu Vaccine Clinics, September 9-December 13			
Well WI Presentations <i>(click to schedule)</i>						
Interactive Events <i>(click to schedule)</i>						
Culture of Health Assessment <i>(click to schedule)</i>						
Employer-Sponsored Activities (ESA) <i>(click to request and explore our ESA toolkit resources)</i>						