

# 2022 Wellness Calendar

Monthly Wellness topics for 2022 are displayed on the right. Communications will be posted approximately one month prior to each event. This will include wellness chats, special events, and competitions. Participation in monthly events will also be tracked for prize drawings at the end of the year!

## YEAR-END PRIZES:

- 1) Personal Wellness Day (PTO Day)
- 2) Personal Wellness Day (PTO Day)
- 3) \$200 Visa gift card
- 4) \$200 Visa gift card



## January



Personal Growth Goals



## February



Employee Dodgeball Tournament



Understanding Taxes

## March

National Nutrition Month



## April

Financial Literacy Month



## May



National Mental Health Awareness

## June

Micropulse Employee Picnic



Summer & Travel Expense Tips

## July



Debt Freedom Month

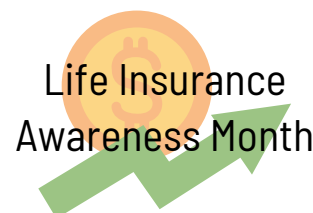


## August

Corporate Challenge



## September



## October



Wellness Screening



## November



NATIONAL MEN'S HEALTH AWARENESS MONTH

Write a Will Month

## December

Stress Management

