



2023 Wellness Theme Overview

Let's grow, together!

PLANT SEEDS FOR A HEALTHY YEAR



JANUARY

Healthy habits: Build a solid foundation.



FEBRUARY

Social wellness: Make it a f(r)amily affair.



MARCH

Nutrition: Fuel your growth.

INVEST IN HOLISTIC WELLNESS



APRIL

Medical wellness: Take control of your health.



MAY

Mental health: Take time for your mind.



JUNE

Physical health: Every body is a beach body.

SHARE WELLNESS



JULY

Connections: Your emotions called...are you answering?



AUGUST

Inclusive wellness: Celebrate diversity.



SEPTEMBER

Family health: Health at every stage of life.

GET READY FOR NEXT YEAR



OCTOBER

Community health: Care for those around you.



NOVEMBER

Emotional health: Gratitude is all about the attitude.



DECEMBER

Goal setting: Shift your mindset for the new year.