

## Wellness challenge

### Nurture your whole self



Join ActiveHealth Coaches every week during the 4-week challenge for weekly wellness webinars to support you in meeting your health and well-being goals. All webinars will be held live at 10am, 1pm, 4pm and 7pm EST. [REGISTER HERE](#)

Date	Topic	Description
<b>Jan 27, 2025</b>  <b>Location: Virtual</b>	Nurture your whole self Challenge Kick-off	This event includes a 30-minute challenge overview presentation and Q&A session. Receive your tracking sheet upon registering for the kick-off challenge!
<b>Feb 3, 2025</b>  <b>Location: Virtual</b>	A look at your well-being	Start on your path to well-being in the new year. Well-being looks at how the different parts of your health connect. Learn how moving the body, mood, social circles and other areas impact lifestyle. And how to get the best start to your year.
<b>Feb 10, 2025</b>  <b>Location: Virtual</b>	Slowing stress	Do you ever become so busy you forget to take care of your health? Learn ways to slow down and take time for your health. Discover how to bounce back from stress. Get helpful insights on how to ride out the daily ups-and-downs, mindfully.
<b>Feb 17, 2025</b>  <b>Location: Virtual</b>	Get up, get active	Regular activity can help improve your overall health and fitness. It can give you more energy and help reduce your risk for some conditions. We'll talk about ways to fit it into your schedule. And how to stay fired up for long-term success.

The challenge includes:

- A tracking sheet
- Weekly webinars and in-person support\*

You can earn \$5 towards your Rewards Program for completing this Wellness Learning Activity.

\*Check with your HR and wellness champions on dates for in-person support.



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Wellness programs are sponsored by the Indiana State Personnel Department (INSPD), Invest In Your Health Indiana program and ActiveHealth Management, the Plan's wellness vendor.

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