

2025 Wellness Course Calendar

MONTH	THEME	COURSE
January	International Mind-Body Wellness Day Jan 3	How to calm your anxiety, from a neuroscientist Wendy Suzuki <i>by TedTalk</i>
February	Random Acts of Kindness Week	The Science of Spreading Kindness <i>by Healthy Minds Program</i>
March	National Sleep Awareness Week	Stress Management Through Better Sleep: How to Get to Sleep Faster <i>by Mike Veny</i>
April	Earth Day Apr 22	The Search for Climate Innovation: How We Do This Together <i>by The Great Courses</i>
May	National Physical Fitness and Sports Month	4-Minute Workplace Workout: 01. Good Mornings <i>by The Jeff Havens Company</i>
June	International Day of Yoga Jun 21	Desk Yoga: Hip Openers for Stress Relief <i>by OpenMind</i>
July	National Parks and Recreation Month	Wonders of the National Parks: A Geology of North America: Pinnacles to Joshua Tree: The San Andreas <i>by The Great Courses</i>
August	National Financial Awareness Day Aug 14	I Will Teach You To Be Rich Ramit Sethi <i>by Briefly</i>
September	World Gratitude Day Sep 21	Positive Attitude: Replace Comparisons With Gratitude <i>by ICON</i>
October	World Mental Health Day Oct 10	Emotional and Mental Health in the Workplace <i>by WILL Interactive</i>
November	Eating Healthy Day Nov 5	Avoid The Mid-Afternoon Slump And Stay Energised All Day <i>by PepTalk</i>
December	Happy Holidays	Handling Holiday Stress <i>by OpenMind</i>