

## 2023 Marketing Kit Campaigns

**JANUARY**

### Healthy Habits



Motivate members to integrate healthy habits into their daily lives. This toolkit provides resources to build a routine and stay on track.

**FEBRUARY**

### Heart Health



Spread awareness on the importance of cardiovascular health. This toolkit provides resources for a strong and healthy heart.

**MARCH**

### Nutrition



Educate members on how to make informed food choices. This toolkit provides resources to learn the basics of healthy eating and nutrition.

**APRIL**

### Stress Management



Share strategies to cope with stress and anxiety. This toolkit provides resources to manage stress and improve everyday living.

**MAY**

### Mental Health



Raise awareness about the importance of mental health. This toolkit provides resources to prioritize mental health and wellbeing.

**JUNE**

### Wellness at Work



Foster a more positive, productive workplace. This toolkit provides resources to focus on health and wellness at work.

**JULY**

### Self-Care



Encourage members to take care of themselves. This toolkit provides resources to practice self-care for mental and physical health.

**AUGUST**

### Back to the Basics



Get back to the fundamentals of wellness. This toolkit provides resources to support beginners or those looking for a fresh start.

**SEPTEMBER**

### Preventive Health



Promote preventive care to support long-term health. This toolkit provides resources to improve overall health and prevent chronic disease.

**OCTOBER**

### Mind-Body Connection



Support mental wellbeing through exercise. This toolkit provides resources to promote the impact of physical activity on mental health.

**NOVEMBER**

### Stress and Resilience



Learn how to adapt to busy and stressful times. This toolkit provides resources to practice gratitude and support wellbeing.

**DECEMBER**

### Mindfulness



Improve mental clarity through the practice of mindfulness. This toolkit provides resources to reset and create more calm.