

# 2023 SparkUniversity Annual Calendar

Use your PeopleOne Health portal to register and participate each month!

## JANUARY

30 Day Healthy  
Weight

## FEBRUARY

Healthy Heart

## MARCH

Manage Stress  
Mindfully

## APRIL

Spring Into Shape

## MAY

Your Guide to  
Gratitude and  
a Happier Life

## JUNE

Fit & Healthy  
Leader

## JULY

Healthy Summer  
Habits

## AUGUST

Achieving  
Financial Freedom

## SEPTEMBER

SparkAmerica  
Fit City Challenge

## OCTOBER

Slip Into Slumber

## NOVEMBER

Healthy Holidays &  
Helping Hands

## DECEMBER

Create a Positive  
Mindset

Interested in signing up for the PeopleOne Health portal?  
Contact your Oswald Service Team or  
[wellnessplus@oswaldcompanies.com](mailto:wellnessplus@oswaldcompanies.com)

