

HEALTHY LIVING

# SparkUniversity

Healthy Learning, Happy Living

# 2024 Annual Calendar

JOIN EACH MONTH'S SUGGESTED COURSE  
IN YOUR PEOPLEONE HEALTH PORTAL  
CLICK THE 'HEALTHY LIVING' TAB

JANUARY

Achieving Financial  
Freedom

12 DAYS

FEBRUARY

Healthy Heart

12 DAYS

MARCH

Slip Into Slumber

6 DAYS

APRIL

Manage Your Stress  
the Mindful Way

5 DAYS

MAY

Easing into Exercise  
for Beginners

50 DAYS

JUNE

How to Become a  
Fierce Advocate for  
Your Health

5 DAYS

JULY

Healthy Summer  
Habits

12 DAYS

AUGUST

Your Guide to  
Gratitude and a  
Happier Life

7 DAYS

SEPTEMBER

2024 Fall Fit City  
Challenge

30 DAYS

OCTOBER

Introduction to  
Mindfulness

5 DAYS

NOVEMBER

The Season of Giving  
Back

12 DAYS

DECEMBER

Healthier Holidays

12 DAYS

WAY TO COMMIT TO YOUR HEALTH!

LEARN AND LIVE HAPPY

# wellness+

powered by  PEOPLEONE  
HEALTH