

HEALTHY LIVING

SparkUniversity

Healthy Learning, Happy Living



2025 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

SparkAmerica
2025 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

