

# 2024 PROGRAM YEAR

JANUARY 1 - DECEMBER 13



FOR MORE DETAILS GO TO  
[PAEWELLNESSBYDESIGN.COM](http://PAEWELLNESSBYDESIGN.COM)

## FEATURED CHALLENGES



**JAN 22 - MARCH 3**



**APRIL 15 - MAY 26**

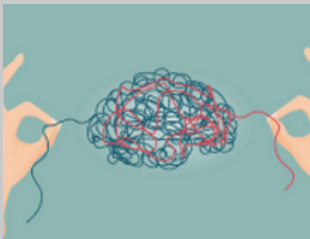


**JULY 15 - AUG 25**



**OCT 14 - NOV 24**

## WELLNESS WORKSHOPS



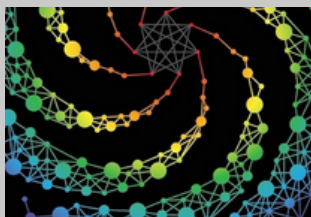
**QUARTER 1:**  
 MAR 7 - 12 PM  
 Managing Worry and Anxiety



**QUARTER 2:**  
 May 2 - 12 PM  
 Overcoming the 5 Dysfunctions of Teams



**QUARTER 3:**  
 August 8, 2024 - 12 PM  
 Emotional Intelligence and Leadership



**QUARTER 4:**  
 Spiral Up  
 Foundations for thriving in daily life

All 2024 workshops take place on Thursdays @ 12 PM. Log your participation on the wellness platform after the session to receive credit for completing your annual program requirements

## IMPORTANT DATES

**January**  
 PROGRAM YEAR BEGINS JANUARY 1

**Fall 2023**  
 ON-SITE BIOMETRIC SCREENINGS

**September**  
 WELLNESS WEEK

**December 13**  
 FINAL DAY TO COMPLETE REQUIREMENTS



## ADDITIONAL OFFERINGS

**Group Health Coaching**  
 QUARTERLY OPEN SESSIONS

**Nutrition Webinars**

TWO WEBINARS IN 2024- DATES AND TIMES TBD

**Individual Health Coaching**

REACH OUT TO YOUR WELLNESS SPECIALIST TO COMPLETE THIS EARLY IN THE YEAR AS THERE IS LIMITED AVAILABILITY

