



Monthly Wellness Course Calendar

MONTH	THEME	COURSE
January	International Mind-Body Wellness Day (Jan 03)	The Fundamentals of Mindfulness for Business Tony J Selimi
February	Random Acts of Kindness Week (Feb 14 - 20)	Make Kindness Key to Relationship Building
March	Workplace Eye Wellness Month	Health and Safety: Setting up Your Workspace - Reducing Eye-Strain
April	International Fun at Work Day (April 1)	Motivating Fun Workplace
May	World Meditation Day (May 21)	Reduce Implicit Bias with Mindful Meditation
June	International Day of Yoga (June 21)	What Yoga Does to Your Body and Brain Krishna Sudhir
July	Minority Mental Health Awareness Month	Maintaining Mental Health During Difficult Times: Tips for Maintaining Mental Health During Difficult Times
August	National Wellness Month	Come to Work Safely: Take Care of Your Own Health
September	World Gratitude Day (Sept 21)	Practicing Gratitude
October	National Depression Screening Day	Mental Health: Depression and Low Mood (Global)
November	Stress Awareness Day (Nov 4)	How to Manage Stress in Your Team
December	National Eat a Red Apple Day (Dec 1)	Eat, Move, Sleep: How Small Choices Lead to Big Changes Tom Rath

Contact your OpenSesame Customer Success Manager about course marketing tools

www.opensesame.com | (503) 808-1286 | info@opensesame.com