

Sunday



Scan Me!

Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

Monday

Tuesday

EMBRACE THE GIFT OF A NEW YEAR!

Wednesday

1
THE FIRST STEP TOWARDS GETTING SOMEWHERE IS TO DECIDE THAT YOU ARE NOT GOING TO STAY WHERE YOU ARE.

Thursday

2
NEW YEAR, BETTER ME: FOCUS ON BECOMING THE BEST VERSION OF YOURSELF! SET MEANINGFUL GOALS, PRIORITIZE YOUR WELL-BEING, AND FOCUS THIS MONTH ON TAKING SMALL STEPS TOWARDS BECOMING HEALTHIER, HAPPIER, AND MORE FULLFILLED.

Friday

3
VISUALIZE YOUR GOALS! CREATE A VISION BOARD OR USE VISUALIZATION TECHNIQUES TO STAY MOTIVATED AND FOCUSED ON YOUR GOAL. NEED INSPIRATION? [ATTEND OUR CREATING YOUR 2025 WELLNESS VISION BOARD ON 1/16/24](#)

Saturday

4
EXERCISE YOUR BRAIN: AFTER WORKING OUT YOUR BODY, IT'S TIME TO EXERCISE YOUR MIND. GRAB A PUZZLE, DIVE INTO A BOOK, OR PICK UP AN OLD INSTRUMENT TO BOOST YOUR BRAIN HEALTH.

5
MEAL PREP: THE BEST WAY TO REACH YOUR GOALS IS TO PLAN. TAKE TIME TODAY TO PLAN YOUR MEALS FOR THE WEEK. [NEED HELP GETTING STARTED? CHECK OUT A FREE MEAL-PLANNING TEMPLATE!](#)

6 JANUARY IS CERVICAL CANCER AWARENESS MONTH: STAY PROACTIVE AND TALK TO YOUR HEALTHCARE PROVIDER. EARLY DETECTION THROUGH PAP SMEARS AND HPV TESTS CAN HELP PREVENT CERVICAL CANCER. CALL TODAY TO SCHEDULE A ROUTINE CERVICAL CANCER SCREENING.

7
START THE NEW YEAR WITH FRESH INSPIRATION! [EXPLORE JANUARY'S EAP EMPLOYEE ENHANCEMENT NEWSLETTER](#). DISCOVER TIPS ON GAINING NEW PERSPECTIVES, REIGNITING YOUR MOTIVATION, AND BUILDING OVERALL WELLNESS.

8
[WEBINAR: THE POWER OF POSITIVE THINKING](#). NEGATIVITY CAN BE HARD TO SHAKE. LEARN ACTIONABLE TIPS TO COMBAT NEGATIVE THOUGHTS AND EXPERIENCE THE PROGRESSIVE BENEFITS OF POSITIVE THINKING.
• **TIME: 1:00 P.M.**



10
SKIP THE ELEVATOR: TODAY IS NATIONAL TAKE THE STAIRS DAY! GET A LITTLE EXTRA CARDIO IN TODAY BY SKIPPING THE ELEVATOR. CAN'T TAKE THE STAIRS, CONSIDERING PARKING FARTHER AWAY TO GET IN SOME EXTRA STEPS.

11
WEEKEND WELLNESS: ONE WAY TO IMPROVE YOUR MENTAL WELLBEING IS REGULAR EXERCISE. DON'T SKIP OUT ON THE WEEKENDS! STAY ON TRACK WITH A WALK WITH YOUR FAMILY OR FRIENDS.

12
THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS!

13
MINDFUL MONDAY: TAKE A MOMENT TO ENGAGE IN ACTIVITIES THAT BRING YOUR ATTENTION TO THE PRESENT MOMENT LIKE DEEP BREATHING OR MEDITATION. [CLICK HERE FOR SOME GREAT TIPS!](#)



14
DECLUTTER YOUR SPACE: EXTRA CLUTTER CAN CAUSE UNWANTED STRESS. TAKE 10-MINUTES THIS WEEK TO DECLUTTER YOUR OFFICE, A CLOSET OR DRAWER IN YOUR HOME FOR A FRESH START.

15
[SUBMIT YOUR FITNESS REIMBURSEMENT BY TODAY!](#) ACTIVE EMPLOYEES CAN BE REIMBURSED UP TO \$15/ MONTH FOR GYM MEMBERSHIPS (JULY - DEC. 2024) WITH 8+ MONTHLY VISITS.
• [SUBMIT HERE](#).



Thriving Thursday's

[CREATING YOUR 2025 WELLNESS VISION BOARD:](#) JOIN US FOR AN INTERACTIVE SESSION TO REFLECT ON YOUR GOALS, VALUES, AND INSPIRATIONS.
• **TIME: 12 – 1:00 P.M.**
• **ROOM #104, ADAM'S COMPLEX**

17
TIME TO HYDRATE: REPLACE THE MIDDAY SODA WITH A COLD GLASS OF WATER. FOR A BIT OF VARIETY, ADD IN SOME FRUIT, LIKE A LEMON OR ORANGE, FOR SOME FRESH FLAVOR.

18
MIDWAY CHECK-IN: HOW ARE YOUR GOALS FOR JANUARY COMING ALONG? ADJUST IF NECESSARY TO FINISH OUT THE MONTH STRONG.

19
STAY CONNECTED: NUTURING POSITIVE CONNECTIONS CAN PROVIDE A SENSE OF SUPPORT. TAKE SOME TIME THIS MONTH TO CONNECT WITH FRIENDS AND FAMILY TO FOSTER HEALTH RELATIONSHIPS.

20
CITY OFFICES ARE CLOSED IN HONOR OF MARTIN LUTHER KING JR. DAY.
"LIFE'S MOST PERSISTENT AND URGENT QUESTION IS, 'WHAT ARE YOU FOR OTHERS?'" - MLK JR.

21
EAP ONLINE SEMINAR: SHINE YOUR LIGHT: FINDING YOUR INNER GLOW. IDENTIFY YOUR POSITIVE TRAITS AND LEARN HOW TO HIGHLIGHT THEM IN EVERYDAY LIFE.
• WWW.DEEROAKSEAP.COM
• **LOGIN: COS**
• **PASSWORD: COS**



22
SHOW GRATITUDE: DO YOU HAVE A COWORKER WHO HAD HELPED YOU OUT LATELY? SEND THEM AN EMAIL OR NOTE THANKING THEM FOR THEIR SUPPORT.

23
MAKE IT COUNT: WHAT CAN YOU DO TODAY TO MAKE TOMORROW BETTER? PLAN A HEALTHY MEAL, PENCIL IN YOUR WORKOUTS, AND DRINK YOUR WATER. **BE IN THE DRIVER SEAT OF YOUR WELL-BEING!**

24
STAY ACCOUNTABLE: SHARE YOUR GOALS WITH A FRIEND, FAMILY MEMBER, OR MENTOR WHO CAN HELP HOLD YOU ACCOUNTABLE. REGULAR CHECK-INS CAN HELP KEEP YOU MOTIVATED AND ON-TRACK.

25
DISCOVER LOCAL FITNESS WITH CLASSPASS! EXPLORE A VARIETY OF FITNESS ACTIVITIES LIKE YOGA, STRENGTH TRAINING, AND CYCLING AT STUDIOS NEAR YOU. ENJOY A FREE TRIAL AND KICK-START YOUR WELLNESS JOURNEY TODAY! VISIT CLASSPASS.COM TO LEARN MORE.

26
STEP IT UP: GET IN EXTRA STEPS BY TAKING A BREAK AND GOING FOR A 10-MINUTE WALK. AIM TO GET 6K STEPS EVERY DAY THIS WEEK. ALREADY HITTING THAT GOAL? BUMP IT UP TO 8K!

27
NEVER MISS A MONDAY: TAKE 30 MINUTES TODAY TO MOVE YOUR BODY! GO FOR A WALK OR HIT PLAY ON YOUR FAVORITE WORKOUT ROUTINE.

28
JANUARY IS NATIONAL BLOOD DONOR MONTH: DONATE BLOOD AND SAVE LIVES! EVERY DONATION CAN MAKE A DIFFERENCE FOR PATIENTS IN NEED.



29
BUILD A BUDGET: FINANCIAL WELLNESS IS IMPORTANT FOR A BALANCED LIFE. WHAT IS ONE SMALL CHANGE YOU CAN MAKE TODAY TO BETTER MANAGE YOUR FINANCES?

30
TELFAIR MOBILE MAMMOGRAM CLINIC WEDNESDAY, FEB. 12 AT THE SAVANNAH CIVIC CENTER.
• **CALL 912-819-6140 TO SCHEDULE YOUR CONFIDENTIAL BREAST CANCER SCREENING.**
• [VIEW ALL UPCOMING 2025 ONSITE SCREENING EVENTS.](#)

31
YMCA Critz Tybee Run
[JOIN THE YMCA CRITZ TYBEE RUN FEST: JANUARY 31ST & FEBRUARY 1ST!](#) WHETHER YOU'RE A SEASONED RUNNER OR JUST STARTING, THERE'S A RACE FOR EVERYONE. ENJOY THE SCENIC BEAUTY OF TYBEE ISLAND WHILE CHALLENGING YOURSELF AND SUPPORTING A GREAT CAUSE. TAKE STRIDES TOWARD A HEALTHIER YOU!

