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Wellness Resources\*\*



# Lifesaver Wellbeing

A FREE, yearlong program to boost health and wellbeing at work and beyond.

## 2025 Wellness Plan -

| Jan. & Feb.             | Mar. & April                 | May & June                 | July & Aug.                  | Sept. & Oct.              | Nov. & Dec.                   |
|-------------------------|------------------------------|----------------------------|------------------------------|---------------------------|-------------------------------|
| Thriving Under Pressure | Move More, Live Better       | Building Mental Resilience | Building Strong Connections  | Financial Empowerment     | Healthy Choices, Healthy Life |
| SDOH: Stress            | SDOH: Physical Activity Risk | SDOH: Depression Risk      | SDOH: Social Connection Risk | SDOH: Financial Resources | SDOH: Alcohol & Tobacco Risk  |
| Event:                  | Event:                       | Event:                     | Event:                       | Event:                    | Event:                        |
| Promotion:              | Promotion:                   | Promotion:                 | Promotion:                   | Promotion:                | Promotion:                    |

