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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: |

