

2024 Monthly Themes

Embark on your wellness journey with us all year long!

January

Theme: Thriving through Habit Building

Monthly Focus: Financial Wellness Month

February

Theme: Healthy Relationships and Boundaries

Monthly Focus: Black History Month

March

Theme: Savoring Good Health

Monthly Focus: National Nutrition Month

April

Theme: Relieving Stress & Relaxing

Monthly Focus: Stress Awareness Month

May

Theme: Fostering Mental Wellness

Monthly Focus: Mental Health Awareness Month

June

Theme: Diversity and Inclusivity

Monthly Focus: Pride Month

Questions? Please reach out to us support@wellnesscoach.live

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July

Theme: Managing Digital Distractions
Monthly Focus: Social Wellness Month

August

Theme: Learning and Growing
Monthly Focus: Immunization Awareness Month

September

Theme: Nature Adventures and Exploration
Monthly Focus: Hispanic Heritage Month

October

Theme: Emotional Intelligence and Empathy
Monthly Focus: Breast Cancer Awareness Month

November

Theme: Practicing Gratitude and Appreciation
Monthly Focus: American Diabetes Month

December

Theme: Reflection and Renewal
Monthly Focus: National Human Rights Month

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