2025 Health Promotion Calendar

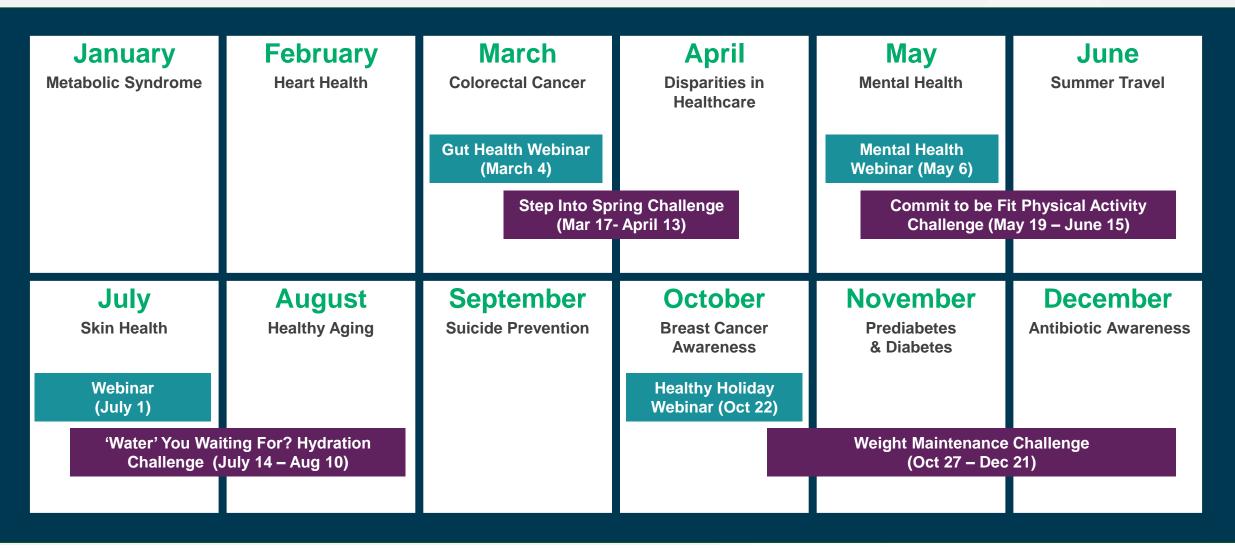
Kit includes educational handout, flyer, digital slide, social media image and leadership support messages. Available in English and Spanish

January Metabolic Syndrome Annual Exams & BMI	February Heart Health Hypertension Control, ASCVD Counseling	March Colorectal Cancer Colorectal Cancer Screening	April Disparities in Healthcare Annual Exams & Cancer Screenings	May Mental Health Anxiety/Depression Screenings	June Summer Travel Summer Success Checklist
July Skin Health Youth Sports & Back to School Exams	August Healthy Aging Screening & Social Connections Checklist	September Suicide Prevention Flu Campaign Launch (runs through December)	October Breast Cancer Awareness Breast Cancer Screening	November Prediabetes & Diabetes Diabetes Management Composite	December Antibiotic Awareness Cold & Flu Prevention



2025 Webinar & Challenge Calendar

Quarterly webinars and challenges are available for all Marathon Health eligible members.





2025 Webinar & Challenge Calendar

Webinars and challenges are available for all Marathon Health eligible members, empowering you to embrace and sustain healthy lifestyle changes while supporting you on your journey to improved well-being and a healthier life.

Well-Being Webinars

Gut Instincts: Steps to Support Your Microbiome and Overall Health March 4 @ 1pm ET

Mastering Mental Clarity: Strategies for Staying Focused in a Distracted World May 6 @ 1pm ET

Skin Deep: Your Guide to Skin Care and Cancer Awareness July 1 @ 1pm ET

Holiday Road: Your GPS to Steer Through a Happy and Healthy Holiday Season October 22 @ 1pm ET

Challenges

Step into Spring

March 17 – April 13 Goal: 7,500 steps a day

Commit to be Fit

May 19 – June 15 Goal: 150 minutes of physical activity per week

'Water' You Waiting For?

July 14 – August 10 Goal: 64 ounces of water per day

Weight Maintenance Challenge

October 27 – December 21 Goal: maintain weight (within 1.0%) or lose weight

