

# 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.

<b>January</b> Metabolic Syndrome	<b>February</b> Heart Health	<b>March</b> Colorectal Cancer  Gut Health Webinar (March 4)  Step Into Spring Challenge (Mar 17- April 13)	<b>April</b> Disparities in Healthcare	<b>May</b> Mental Health  Mental Health Webinar (May 6)  Commit to be Fit Physical Activity Challenge (May 19 – June 15)	<b>June</b> Summer Travel
<b>July</b> Skin Health  Webinar (July 1)  'Water' You Waiting For? Hydration Challenge (July 14 – Aug 10)	<b>August</b> Healthy Aging	<b>September</b> Suicide Prevention	<b>October</b> Breast Cancer Awareness  Healthy Holiday Webinar (Oct 22)	<b>November</b> Prediabetes & Diabetes	<b>December</b> Antibiotic Awareness  Weight Maintenance Challenge (Oct 27 – Dec 21)

# 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