



# MENTOR ANNUAL CALENDAR

Gallagher WPM Program Year: 2024 - 2025

		September	October	November	December	January	February	March	April	May	June	July	August
MENTOR ANNUAL PLAN													
Quarterly Theme		Preventive Care			Diabetes			Primary Care			Physical Wellbeing / Preventive Care		
Newsletter	Benefit Highlight	\$0 Preventive Care	Preventive Care Guidelines	Cardinal Wellness Clinic Services/Events	Carrier DM Resources	VP Journeys, My Care Checklist	VP Coaching	Cardinal Wellness Clinic Biometric Screenings	Provider Search Tool	Behavioral Health Coverage	My Care Checklist	Cardinal Wellness Clinic No-Cost Services	\$0 Flu Shots
	Health Article	Annual Wellness Exam: What to Expect	What Preventive Care is Right for You	Preventive Care vs. Office Visit - Know the Difference	Diabetes Management 101: Screening, Medication, Lifestyle	Healthy Living with Diabetes: Deeper Dive into Lifestyle	Diabetes and Heart Health	Why Primary Care	Establishing a PCP	PCP and Mental Health	Men's and Women's Health	Screenings You May Be Missing	Vaccine Education / Flu Shot Season
	Recipe	Cinnamon Apple Chips with Almond Yogurt Dip	Pumpkin Pie Quinoa Breakfast Bars	Twice-Baked Sweet Potatoes	Hearty Vegetable Soup	Everything-Seasoned Almonds	Roasted Garlic Salmon & Brussels Sprouts	Creamy Avocado Pasta	Strawberry Chia Granola Bars	Spicy Shrimp Bowl	Banana-Blueberry Protein Muffins	Crispy Chilli Tofu	Instant-Pot Chicken Burrito Bowl
Events & Activities*	Cardinal Wellness Clinic		Flu Shot Clinic Email Overview of Mammogram			Diabetes Seminar	Mobile Mammography Bone Density Scan	Biometric Screenings					
	Health Coaching (please note, each month will have a group cohort, detailed topics still being confirmed with presenters)	Thriving Through Generations (W), In-Person Meditation (E)	Healthy Thinking (W), In-Person Walk (E)	Physical Health - Quantity of Energy (W), Winter Healthy Snack Demo (E)	Mental Health Holiday Toolkit (W), In-Person Walk (E)	Goal Setting & Planning (W), Vision Boards (E)	Desk-er-Cise (W), In-Person Meditation (E)	Importance of Self-Care (W), In-Person Walk (E)	Summer Safety (W), Beach Walk (E)	Happiness as a State of Being (W), Summer Healthy Snack Demo (E)	Exercise 101 - How to Start (W), Farmers Market Walk (E)	Walking Your Way to Better Health (W), Farmers Market Walk (E)	Staying Active During a Busy Season (W), Farmers Market Walk (E)
	Virgin Pulse	Steps challenge		Sleep Challenge	Double Points Campaign: - Journeys - Healthy Habits - all prevention	Double Points Campaign: - Journeys		Steps Challenge (after Spring break into early April)	Mindful Minutes challenge				Double Points Campaign: - all prevention - Healthy Habits

\*While we aim to align with this calendar as consistently as possible, events are subject to scheduling and availability and may change. Refer to the Newsletter for Upcoming Events for the most up-to-date events schedule.