



2026 Lafayette Employee Wellness Calendar

For more wellness tips and information visit: <https://hr.lafayette.edu/wellness/>

<p>January</p> <p>Preventative Care Awareness Capital Blue Cross Preventative Care Schedule</p>	<p>February</p> <p>Care Management Learn more about Capital Blue Cross Care Management</p>	<p>March</p> <p>National Nutrition Month Eating Better as a Family Webinar March 4th 11am-12pm</p>
<p>April</p> <p>Gut Health Awareness Lifestyle Basics for Gut Health – Webinar April 22nd 11am-12pm</p>	<p>May</p> <p>Chronic Conditions Awareness Diabetes and Related Conditions Webinar May 6th 11am-12pm</p>	<p>June</p> <p>Brain Health Awareness Prevention Power: Take control of your wellbeing – Webinar June 11th 11am-12pm</p>
<p>July</p> <p>Musculoskeletal Health The Art of Movement: Enhancing your musculoskeletal system- Webinar July 19th 11am-12pm</p>	<p>August</p> <p>Cancer Prevention Awareness Preventing cancer: Actions you can take now Webinar August 4th 11am-12pm</p>	<p>September</p> <p>Healthy Aging; Eat Well, Sleep Well Balancing Healthy Habits – Webinar September 1st 11am-12pm</p>
<p>October</p> <p>Cancer Awareness Care Through Cancer: Coordinating Support for Loved Ones – Webinar October 21st 12pm-1pm</p>	<p>November</p> <p>Staying Healthy for the Holidays Clearing the Air: Dealing with upper respiratory infections – Webinar November 11th 11am-12pm</p>	<p>December</p> <p>Healthy Holidays Caregiving During Holidays: Boundaries, Breaks, and Family Dynamics – Webinar December 16th 12pm-1pm</p>

WELLNESS PROGRAMS

EMPOWER - Six-part weight management program, March 10 thru April 14, 12 - 1pm [Register](#)

LVAIC MOVEMENT CHALLENGE - Join LVAIC schools for a fun movement challenge, April 1 thru April 30 [Register](#)

BALANCE - Six-part virtual stress and mindfulness program, August 12 thru September 16, 1 - 2pm [Register](#)

TAKE CHARGE - Six-part interactive diabetes prevention program, October 27 thru December 1, 1 - 2pm [Register](#)