

# 2024 Well-Being Calendar

## Be Balanced: Well-Being for All

This quarter's theme emphasizes holistic well-being. Whether you're a new parent seeking support, interested in optimizing your lifestyle, or simply looking to enhance your overall well-being, there's something for everyone this quarter. Join us in learning from the experts and discovering the resources we have in place to support you all year round!

### Virtual Baby Shower\*

Speakers: Maven, Lincoln Financial, Perky Leave

FRIDAY, APRIL 19<sup>TH</sup>

1:00PM – 2:00PM ET

Join us for a virtual baby shower featuring presentations from multiple benefit vendors, offering valuable insights on growing your family, taking and returning from leave, and so much more! Learn from the experts, win prizes, and prepare for this exciting new chapter in your life!

[CLICK HERE TO REGISTER](#)

\*This event is in collaborating with the parents BRG

### The Science of Sleep × Dr. Daniel Barone

Speakers: Dr. Daniel Barone, MD

FRIDAY, MAY 10<sup>TH</sup>

12:30PM – 1:00PM ET

Join us in celebrating Mental Health Awareness Month with renowned expert Dr. Daniel Barone, double-board certified in Neurology and Sleep Medicine, for an enlightening event exploring the intricate relationship between sleep and mental health with a live Q+A.

[CLICK HERE TO REGISTER](#)

### How Lifestyle Impacts Our Health × Dr. Dave Moen

Speakers: Dr. Dave Moen, MD

FRIDAY, JUNE 7<sup>TH</sup>

12:30PM – 1:00PM ET

Join us for a quick 30-minute session to learn about Kaia Health's AI motion tracking tech and personalized exercise plans! Whether you're a workout rookie or dealing with a pesky injury, their virtual coaches have got your back – all from your phone and all for free!

[CLICK HERE TO REGISTER](#)

## RESOURCES + BENEFITS



**Maven** - Free on-demand virtual support for starting and growing your family.



**2nd MD** - Seek a second opinion virtually or in person and connect with board certified doctors who specialize in your condition.



**Kaia Health\*** - Free digital physical therapy program helps alleviate pain and improve body function.



**Perky Leave** - Offers an Action Item List to follow to help you remember what to do before, during, and after your leave.



**CCA** - Access dedicated coaches for personalized support in navigating various work/life challenges.



**One Pass** - Discover your new favorite way to stay healthy. Log into Rally to get started.



**ReThink** - Better understand, teach, and communicate with your child.



**Self-Care by AbleTo** - Support for when you feel stressed or overwhelmed. Company access code: **benefitsplus**



**Real Appeal\*** - free weight loss program that offers support and guidance for better health and lifelong wellness.

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**Want to be part of a community?** Learn about our various employee-led groups formed around common interests, common bonds, or similar backgrounds. Join a dentsu BRG - everyone is welcome.

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