

2025

# Well-Being Calendar

## Spring Into Wellness

Embrace the changing season with a focus on rejuvenating your well-being. This quarter, we'll highlight resources that support family health, enhance mental well-being, and help you find a balanced approach to work and life—setting you up for sustained energy and success.



### Annual Virtual Baby Shower

FRIDAY, APRIL 25<sup>TH</sup>

12:00PM–12:45PM ET

Join us for our Annual Virtual Baby Shower, where we'll showcase family support vendors and parental leave resources to help you on your journey into parenthood. Hear from vendors like Maven, Re-Think Care, Bright Horizons, and UHC, with details on breast pumps and other family support resources. Plus, exciting prizes will be given away throughout the event!

[CLICK HERE TO REGISTER](#)

### The Stress Management Toolkit

FRIDAY, MAY 16<sup>TH</sup>

12:00PM–12:30PM ET

How can you identify stress and its impact on your well-being? Join us as we dive into the latest research and insights from experts on both positive and negative stress. Participants will leave with practical tools for managing stress, including strategies for mindful communication.

[CLICK HERE TO REGISTER](#)

### The Five Buckets Principle

FRIDAY, JUNE 13<sup>TH</sup>

12:00PM–12:30PM ET

Balancing finances, family, work, health and community? In this interactive webinar, attendees will learn the Five Buckets Principle of work-life balance, gaining tools to prioritize what truly matters. They'll discover how to focus on the big picture while managing the little things, making time for themselves and fun through better choices and managing expectations.

[CLICK HERE TO REGISTER](#)

#### RESOURCES + BENEFITS



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



**CCA@YourService** - Enables you to connect to qualified professionals 24/7. login code: dentsu



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



**Bright Horizons Back-Up Care** - Gives you the option of scheduling care from the convenience of your phone!



**Calm Health\*** - Calm is your go-to app whenever you need to recenter and destress.



**Plum Benefits** - Enjoy the hottest hit shows and some fantastic favorites, you're guaranteed to have fun and save money!



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



**MyUHC** - Check out tools and resources embedded into our medical plans to help you maximize your health care.



**BenefitsPlus** - Access all things benefits related by visiting [dentsubenefitsplus.com](https://dentsubenefitsplus.com)

\*Indicates benefits available exclusively to employees enrolled in the dentsu medical plan.

[Click here to see our mental health roadmap](#)

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