

## JANUARY | FRESH START!

1/5 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
1/15 10 AM - 11 AM CST Microsoft Teams	<b>Getting "Healthy" Done in 2021 w/ Melissa Swank</b>	While you might be limited in where you go right now, you're not limited in how to make healthy choices. We'll focus on the six dimensions of wellness (social, emotional, physical, environmental, occupational, and mental) to help you create a healthier approach to your new year!
1/18 - 1/24	<b>Meditation Challenge</b>	Keeley'ns are challenged to take time to meditate each day throughout the challenge.
1/19 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.

## FEBRUARY | HEART HEALTH MONTH

2/1 - 2/28	<b>"F is for Fitness" Competition</b>	Push beyond push-ups and stretch past toe-touches this month. "F is for Fitness" challenges you to gear up for whole-body fitness in a fun, game-based competition!
2/2 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
2/16 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
2/18 2 PM - 3 PM CST Microsoft Teams	<b>Heart Healthy Diet Presented w/ Connect Care 3</b>	Join ConnectCare3's Registered Dietician to discuss general healthy eating principles, and learn about the connection between nutrition and health.

## MARCH | NATIONAL NUTRITION MONTH

3/2 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
3/8 - 3/14	<b>Sleep Challenge</b>	Getting enough sleep isn't a luxury, it's the foundation of health and wellness. This seven-day participation-based challenge empowers all Keeley'ns to review and improve their sleep habits!
3/16 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
3/17 10 AM - 11 AM CST Microsoft Teams	<b>How Food Affects Your Mood w/ Melissa Swank</b>	It's National Nutrition Month, and a great time to consider how your food can support your mental and emotional health. If you think your food only affects digestion, think again! In this seminar, we'll talk about how food affects your mental state and what you can do to maximize your whole-body health!
3/30 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.

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 April Lopinot | KeeleyLife Committee Leader  
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### APRIL | FINANCIAL LITERACY MONTH

4/9 - 4/25	<b>Finance Challenge</b>	Finances can be a major cause of stress. In this challenge, take small steps to reducing stress caused by finances. More details to come!
4/13 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
4/13 11:30 AM - 12:30 PM CST Microsoft Teams	<b>How to Pay Off Student Loan Debt w/ Prudential</b>	This session discusses the impact student loan debt has on borrowers and provides repayment options and payoff strategies. This session will not be recorded.
4/27 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.

### MAY | TEAM MEMBER HEALTH & FITNESS MONTH

5/11 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
5/13 2 PM - 3 PM CST Microsoft Teams	<b>Exercise &amp; Weight Control w/ Connect Care 3</b>	Join a Certified Health Coach from ConnectCare3 to learn about the numerous health benefits of exercise and the key role physical activity plays in weight loss. This presentation will also cover the "how's" and "why's" of getting started on your weight loss journey and what you can do to help keep the weight off going forward.
5/25 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.

### JUNE | SUMMER KICK OFF - FRESH FOODS

6/8 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
6/16 2 PM - 3 PM CST Microsoft Teams	<b>Your Microbiome w/ Melissa Swank</b>	Did you know that your body supports an entire micro-ecosystem? Did you know the organisms that live in and on your body deliver vital and important components to your overall health? Learn more about your microbiome, why it's important, and what you can do to promote the development and support of beneficial microorganisms.
6/21 - 6/27	<b>Gut Health Challenge</b>	Maintaining a healthy gut translates to improved overall health, and now's the time to get your gut in gear. With ways to support the growth and health of beneficial bacteria, this seven-day challenge will teach you what you can do -- today -- to improve your gut health!
6/22 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.

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## JULY | POWER OF POSITIVITY

7/1 - 7/31	<b>Annual Step Up Competition</b>	Form a team and get to stepping in our annual step competition! Bring your competitive spirit and get active while trying to maximize your steps each week over the month of July. Stay tuned for more information.
7/6 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
7/20 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
7/22 2 PM - 3 PM CST Microsoft Teams	<b>The Power of Positive Thinking w/ H&amp;H</b>	Although not everyone believes in the power of positive thinking, it is a field that has been around for centuries. Today, scientists understand why the attitudinal approach - positive versus negative - dramatically impacts us and our relationships with others. In this class, we will talk about how thought processes tend to hold us back or be self-defeating, and learn methods to begin identifying those thoughts and changing them.



## AUGUST | SIMPLIFYING YOUR HEALTH

8/3 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
8/10 11:30 AM - 12:30 PM CST Microsoft Teams	<b>Life's Retirement Derailers w/ Prudential</b>	This session examines how challenges such as rising healthcare costs, market volatility, and low interest rates can affect your retirement savings. This session will not be recorded.
8/16 - 8/22	<b>Whole 7 Challenge</b>	You've head of the Whole 30, right? Seem overwhelming? Then try the Whole 7 -- only whole foods (that means nothing processed!) for 7 days. This quick detox will cleanse your entire digestive system, improve mental function, and give you more energy!
8/17 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
8/31 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.



## SEPTEMBER | FITNESS & YOUR WELL-BEING

9/14 4:30 PM CST Facebook Live	<b>Facebook Live Yoga w/ Melissa Swank</b>	Join our Health & Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.
9/20 - 9/24 <i>National Bike to Work Week</i>	<b>Bicycling Competition</b>	You asked, we answered! We now know that you love to cycle, so here's your chance to bring the heat against your fellow Keeley'ns. Go the extra mile (or 20) to bring home gold for your team!

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<p>9/23 2 PM - 3 PM CST Microsoft Teams</p>	<p><b>Improving Health Through Exercise w/ H&amp;H</b></p>	<p>Distinguish among physical activities for health, fitness, and performance. Learn the benefits of physical exercise, including the improvement in physical and mental health, stress management, and increased life span. This session explains the components of cardiovascular exercise, strength training, stretching, and finding program that is right for you.</p>
<p>9/28 4:30 PM CST Facebook Live</p>	<p><b>Facebook Live Yoga w/ Melissa Swank</b></p>	<p>Join our Health &amp; Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.</p>

**OCTOBER | HEALTH LITERACY MONTH (H.E. & DIABETES)**



<p>10/1 - 10/31</p>	<p><b>Get Moving! Challenge</b></p>	<p>Participate in a #KeeleyCares-sponsored walk, or any event that gets you active for a good cause!</p>
<p>10/12 4:30 PM CST Facebook Live</p>	<p><b>Facebook Live Yoga w/ Melissa Swank</b></p>	<p>Join our Health &amp; Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.</p>
<p>10/21 2 PM - 3 PM CST Microsoft Teams</p>	<p><b>Diabetes Prevention &amp; Lifestyle w/ H&amp;H</b></p>	<p>This presentation educates participants on healthy lifestyle choices. It is applicable to all audiences whether you have no risk factors, a family history, or have already been diagnosed with diabetes. Learn ways to minimize the effects of the disease and manage it well.</p>
<p>10/26 4:30 PM CST Facebook Live</p>	<p><b>Facebook Live Yoga w/ Melissa Swank</b></p>	<p>Join our Health &amp; Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.</p>

**NOVEMBER | KINDNESS MONTH**



<p>11/4 2 PM - 3 PM CST Microsoft Teams</p>	<p><b>Mental Health w/ Connect Care 3</b></p>	<p>Join the ConnectCare3 clinical team to learn more about common mental health conditions, debunk myths surround the mental health stigma, and learn about the importance of self-awareness as it pertains to your mental health and overall well being. This presentation will also discuss the various types of mental health providers and provide important resources to those in need of assistance.</p>
<p>11/7 - 11/13 <i>World Kindness Day 11/13</i></p>	<p><b>Gratitude Challenge</b></p>	<p>Utilize Sage People to share notes of gratitude with your fellow Keeley'ns! Showing gratitude is extremely beneficial for your personal mental health, and others' mental health as well. Share at least 3 notes of gratitude throughout the week!</p>
<p>11/9 4:30 PM CST Facebook Live</p>	<p><b>Facebook Live Yoga w/ Melissa Swank</b></p>	<p>Join our Health &amp; Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.</p>
<p>11/23 4:30 PM CST Facebook Live</p>	<p><b>Facebook Live Yoga w/ Melissa Swank</b></p>	<p>Join our Health &amp; Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.</p>

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**DECEMBER | GIFT OF GIVING**

<p><b>12/1 - 12/31</b> <i>New Challenge Each Week of the Month</i></p>	<p><b>KeeleyLife Finale: Simple Weekly Challenges</b></p>	<p>These simple weekly challenges will improve your mental and physical health, as well as your overall nutrition and financial literacy. Each week will focus on a different pillar! More details to come.</p>
<p><b>12/7</b> <b>11:30 AM - 12:30 PM CST</b> <b>Microsoft Teams</b></p>	<p><b>Is Your Financial House in Order? w/ Prudential</b></p>	<p>This session covers concepts such as budgeting, debt management, protection of assets, preparing for retirement, and creating a legacy for your loved ones.</p>
<p><b>12/7</b> <b>4:30 PM CST</b> <b>Facebook Live</b></p>	<p><b>Facebook Live Yoga w/ Melissa Swank</b></p>	<p>Join our Health &amp; Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.</p>
<p><b>12/21</b> <b>4:30 PM CST</b> <b>Facebook Live</b></p>	<p><b>Facebook Live Yoga w/ Melissa Swank</b></p>	<p>Join our Health &amp; Wellness Coach, Melissa Swank, for yoga from the comfort of your home! Melissa will host this all-levels yoga session through Facebook Live on the Keeley Companies Facebook Page.</p>



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