



# WELL CHECK WEDNESDAY

#WELLNESSFORLEADERS

**2**  
30 MIN.  
OPTIONS

12:15 PM & 6:15 PM

- Well Check Wednesdays is a virtual 30-minute weekly leadership wellness gathering designed to help leaders **pause, reflect, and realign** through the Eight Dimensions of Wellness.
- This 8-week revolving series explores one dimension of wellness and provides practical strategies leaders can immediately apply to their lives, leadership, and organizations.
- Whether you are just beginning or continuing your journey, you can start and stop at any time based on your schedule and still receive the full benefit of the cycle.

## 8 Dimensions of Wellness Calendar

<b>Occupational</b>	Mar 4, 2026	Apr 29, 2026	Jun 24, 2026	Aug 19, 2026	*Oct 14, 2026	*Dec 9, 2026
<b>Social</b>	Mar 11, 2026	May 6, 2026	Jul 1, 2026	Aug 26, 2026	*Oct 21, 2026	*Dec 16, 2026
<b>Emotional</b>	Mar 18, 2026	May 13, 2026	Jul 8, 2026	Sep 2, 2026	*Oct 28, 2026	*Dec 23, 2026
<b>Physical</b>	Mar 25, 2026	May 20, 2026	Jul 15, 2026	Sep 9, 2026	*Nov 4, 2026	*Dec 30, 2026
<b>Spiritual</b>	Apr 1, 2026	May 27, 2026	Jul 22, 2026	Sep 16, 2026	*Nov 11, 2026	
<b>Environmental</b>	Apr 8, 2026	Jun 3, 2026	Jul 29, 2026	Sep 23, 2026	*Nov 18, 2026	
<b>Intellectual</b>	Apr 15, 2026	Jun 10, 2026	Aug 5, 2026	Sep 30, 2026	*Nov 25, 2026	
<b>Financial</b>	Apr 22, 2026	Jun 17, 2026	Aug 12, 2026	*Oct 7, 2026	*Dec 2, 2026	

**\*Individuals recovering from grief ONLY**

Learn more, ask for **T. Rice** at **844-9-imwell** or register **FREE** [www.imwell.network/well-check-wednesday](http://www.imwell.network/well-check-wednesday)

**ZOOM Meeting ID:** 847 5051 5900  
**Passcode:** 820763

