

**Highlights:** 1 Mega event, several Webinars plus Podcasts with Meetups, Wellness Circles & Support Groups. As Wellness Movement goes on Project Mode, focus is on high impact Activity with fewer Events. Key initiatives: Membership & Tech, Youth, Cancer, Health Hero, Retreat, Meetup, Fundraisers.

Schedule, Location & Event Type	Event Topic Core Theme & Activities	Activities/Event Highlights (see Flyers & Agenda for details at crackthewellnesscode.org)	Outcome for Participants
Sat Feb 22 930 am 1230 pm Santa Clara	Health Heroes – Inspirational Talks & Mentoring	Immersive Panel and Mentoring Session. Pairing of Doctors with Health Heroes. Meet Over 10 Specialized Med Pros & Health Coaches. Welcoming participants aspiring to learn and adopt best practices.	Connect, learn and get impacted. Ailments covered include: cardiac, diabetes, hypertension, chronic pain, autoimmune, obesity, cancer, mental and overall wellbeing
<b>Membership Launch</b>			
Fri March 13 Launch of 2 On-Demand Podcasts	Empowering Youth to work on Behavioral Challenges	These recorded podcasts with live interviews and inputs from seasoned experts could be accessed repeatedly at online stores and sites after launch.	Address Mental Upheavals of Youth. Mitigate Anxiety + Info Gap for Parents. Use tools, techniques & practices to combat behavioral challenges.
Sat March 28 11-4 pm Santa Cruz Retreat	Immersive Session with Wellness Thought & Action Leaders	Wellness Doctors Patrons & other Leading Patrons, Health Coaches and Wellness Gurus meet up for 2 sessions featuring – 1) Introspection & 2) Global Benchmarks	Self-Assessment and Evaluation in your Wellness Journey. Catch up with the latest in Wellness Research, Practices & Technologies
Wed April 15 630 pm to 800 pm Webinar	Prevention of Cardiovascular Diseases	This would be driven by Q&A Session with a team of Cardiologists & Dieticians to chart out steps for practice and adoption.	Learn how to combine evidence based best practices, tracking alongside mainstream techniques for heart health.
Wed April 29 630 pm to 730 pm Webinar	Unleashing Positive Energy & Rejuvenation	Begins with practices and evidence based findings with the session opening up for questions from participants.	Physiological changes, energy, breathing techniques including anger and stress management.
Wed May 20 630 pm to 730 pm Webinar	Choosing your Wellness Model	A team for experts from CWC-ICC and Special Invitees to Present Wellness Model of the Decade	Hit by info overload + plethora of advices, the Wellness Model is a pointer to transform life and make an impact
Sat May 30 Women Wellness Meetup	2 Group sessions with Facilities – a) Body & b) Mind	Facilitated by Doctors, Health Heroes, Nutritionists, Fitness & Wellness Coaches.	Takes charge of your holistic health solution before ignoring any further. Planning for local monthly meets.
May-June-July ICC, Milpitas	Integrated Youth Programs with Camps & Sports	Group sessions with Youth Summer Camps and Table Tennis Batches. These covers nutrition, physical and mental wellbeing	Making youth cognizant of their wellbeing. Freeing from being trapped by social pressure on unhealthy habits.
Behavioral Health Clinics & Helpline	Dedicated Clinics and Video Calls	In collaboration with Hume Center	Group exercises and personalized diagnosis, care and impactful sessions.
Wellness Support Group Activities	Custom Activities for Local Circles	Launch model programs for Wellness Circles with Support Groups.	Pick up lifestyle, diet, practice demos and group sessions to meet local needs
Sun Aug 30 10 am to 3 pm ICC, Milpitas/ Cubberley Center Palo Alto	Crack the Wellness Code 3.0 – Annual Mega Event.	Health Hero Project leaders meet up. Appreciation, Recognition and Awards. Mentoring Session.	Impacting and aspiring wellness enthusiasts and believers of science based preventive care with lifestyle & diet.
<b>CMS and Online Marketplace Launch. Impact Assessment Index and Personal Health Navigator Model</b>			
Sep (Date TBD) Webinar / Meetup	Launch of CWC Cancer Ecosystem	Bringing together Health Heroes, Oncologists, Service Providers, Patient Networks and Tech Platform.	Leverage a variety of options to manage Cancer – preventive techniques, risk mitigation and lifestyle practices
Oct (Date TBD) Webinar / Meetup	Launch of CWC Heart Health Ecosystem	Bringing together Health Heroes, Cardiologists, Service Providers & Patient Networks. Partnering with SAHC.	Leverage a variety of options to manage CVDs – preventive techniques, risk mitigation and lifestyle practices.
Health Hero Meetup	Panels, Doctor Pairing & Mentoring	Building further on the Feb event. Tracking participants of previous sessions.	Impact assessment and getting practical tips from mentoring and panel sessions.
Nov (Date TBD) Webinar / Meetup	Launch of CWC Diabetes Ecosystem	Bringing together Health Heroes, Endocrinologists, Service Providers, Patient Networks & Tech Companies.	Leverage a variety of options to manage Diabetes – preventive techniques, risk mitigation and lifestyle practices.
Dec (Date TBD) Mini Retreat	Wellness & Healing	Immersive session and Group Discussion. Measuring transformation	Making improvements through guided benchmarks and sharing best practices.

Events are shown in blue fonts.