

Schedule Overview



KenCrest is partnering with SoHookd to bring you a series of wellness webinars in 2026 and a challenge to help you invest in your wellbeing. **Join us for the chance to win rewards!**

Webinars

Attendees will be randomly selected to receive a **\$50 SoHookd Marketplace credit!**



The Power of Sleep and Rest

TUESDAY, APRIL 21ST AT 1 - 2PM EST

Sleep and rest are the foundations of vibrant health, yet they're often the first things we sacrifice in our busy lives. In this session, we'll explore the essential role sleep and rest play in healing, energy, and overall well-being.

Calm Anxiety & Overwhelm

MONDAY, MAY 20TH AT 1 - 2PM EST

If you've ever felt like mindfulness or relaxation techniques don't work or you can't meditate because your mind is always busy, this session will illustrate that "quieting your mind" is not the end-all-be-all of managing anxiousness and overwhelm. In this session, we'll cover simple ways to step back from racing thoughts, notice them without judgment, and restore focus without necessarily relying on guided imagery to get a mental escape from reality.



Sheet Pan Cooking Class

WEDNESDAY, JUNE 17TH AT 2 - 3PM EST

Join us for a fun and interactive cooking demo and learn how to make healthy, delicious, simple meals all in one sheet pan. The class will be high energy and show the recipe step by step, from prep to plating. We will discuss the benefits of the meal - including nutrition, time savings, and efficient clean up. Participants will be able to ask questions throughout the demo and full recipes will be provided.



Challenge

Participants that meet the goal will be randomly selected to receive a **\$50 SoHookd Marketplace credit!**



7 Hours Night Sleep Challenge

May 1st - May 31st

Goal: Get at least 7 hours of sleep per night for a minimum of 10 nights during the month.



How to Participate

The SoHookd Dashboard

The SoHookd Dashboard provides information on our wellness program, including the schedule, links to each webinar, the challenge tracker and free resources to help you along your wellness journey.

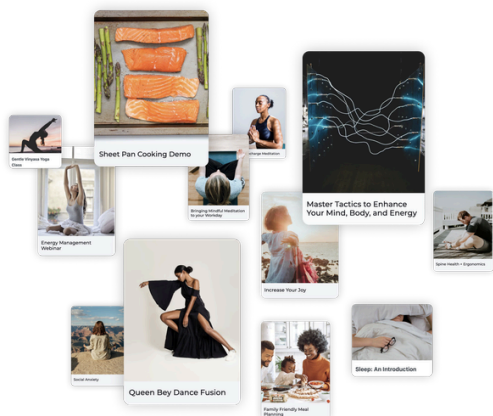
- ✓ All employees will be set up with an account on the SoHookd Dashboard.
- ✓ You will receive an email from 'SoHookd' on **April 20th** with a link to access your account.
- ✓ You may use the link in that email to access your account at any time or **[request a new access link here.](#)**



Webinars

Information on each webinar can be found on the SoHookd Dashboard

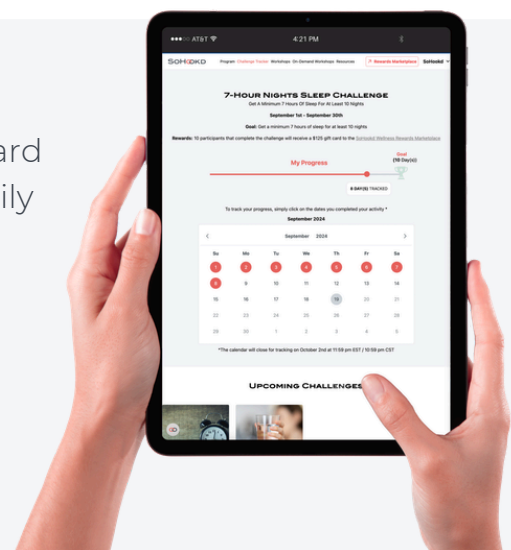
- ✓ Calendar invites for each webinar will also be sent to all employees, which will include a link to join the webinar
- ✓ You will receive an email reminder the morning of each live webinar



Challenge

The challenge tracker will be available on the SoHookd Dashboard the first day of the challenge; this is where you will track your daily participation.

- ✓ You will receive an email reminder on the first day of the challenge and every Monday, Wednesday and Friday following to motivate and remind you to track.
- ✓ You may unsubscribe from these reminders at any time and can still participate in the challenge.



If you are selected to receive a reward for your participation, you will receive an email from 'SoHookd' (noreply@sohookd.com) with access to your reward and account. If you are unable to locate your wellness credit email, access the SoHookd Marketplace **[here](#)**, 'SIGN IN' from the top navigation bar and log in using your email address. After logging in, your credit will appear in the top navigation bar.