

THE WELLNESS BLUEPRINT

SEPTEMBER 2025



Let's Do Lunch!

Summer is winding down, and in many ways, it feels like the start of a new year. Think of it as a clean slate – a natural time to reset. It's the perfect time to swap out habits that aren't serving you for ones that will.

So, in addition to tightening up your bedtime and hitting the gym a little more, [bringing \(or at least planning\) your lunch is an easy win, even if you work from home.](#)

Studies show that practicing mindfulness can **decrease perceived stress** up to **33%**



While **boosting focus** by up to **30%**

Inspiration Corner

The holidays are just around the corner. It's a season of celebration, and a major source of stress for many. More than 70% of Americans report feeling stress during the holiday season, but it doesn't have to be this way! Mindfulness is proven to reduce stress, in addition to many other benefits. To learn more about mindfulness and stress, [click here to see the full infographic.](#)

Looking Ahead to November & December

Finish the year healthy, happy, and restored to take on 2026! Looking for inspiration? Here is a selection of programs grouped by seasonal themes.

DIABETES PREVENTION & MANAGEMENT

Spread awareness during National Diabetes Month with emphasis on prevention.

- *Seminar / Webinar / On-demand Video:* Living with Diabetes, Diabetes & Your Diet
- *Cooking Class:* Diabetically Delicious
- *On-site Health Fair Station:* Know Your Numbers Trivia Game
- *Virtual Health Fair Mainstage Session:* Longevity Lifestyles
- *Challenge:* Healthy Holiday Eating

HEALTHY HOLIDAYS

Celebrate the season with a healthier approach!

- *Seminar / Webinar / On-demand Video:* Dining Solutions for a Healthy Holiday
- *Cooking Class:* Quick, Easy, Fresh: Holiday Meals in Minutes
- *On-site Health Fair Station:* Mocktail Hour
- *Virtual Health Fair Mainstage Session:* From My Kitchen to Yours: Healthy Holiday
- *Challenge:* Mindfulness