

# THE WELLNESS BLUEPRINT

MAY 2026



## The Pillars of Wellness



## There's No Place Like Third Space

May is Mental Health Awareness Month, and a good time to talk about something we don't always think of as a health habit: leaving the house and being around other people. Loneliness is correlated with poorer health, and many experts now view social connection as an important part of overall wellness, perhaps just as important as sleep, exercise, and nutrition. [Read more on the power of third spaces in combating loneliness and boosting mental health.](#)

## Inspiration Corner

Designing an effective well-being program starts with a balanced foundation, and that's where the [pillars of wellness](#) come in. By addressing nutrition, mindfulness, fitness, mental health and stress management, sleep, and disease prevention, organizations can support the whole person– not just one aspect of health. When these pillars work together, they create a more sustainable path to improved well-being and engagement.

## Looking Ahead to July & August

Head to Camp Well-being in July for a taste of fun-forward programming, then keep the good habits going all through National Wellness Month in August.

### JULY: CAMP WELL-BEING

Focus on fun and trying new things with a grown-up take on a summer tradition!

- *Well-being Class:* Nurtured by Nature
- *Well-being Class:* Mindfulness-based Art
- *Cooking Class:* Make-ahead Snacks
- *Fitness Class:* HIIT\*
- *Challenge:* 30-Day Fitness Challenge

### AUGUST: NATIONAL WELLNESS MONTH

A balanced approach to wellness builds a strong foundation for health.

- *Well-being Class:* Food & Wellness Trends: Stay Current
- *Well-being Class:* Digital Detox
- *Cooking Class:* Plant-based Meals
- *Fitness Class:* Pilates
- *Challenge:* 30-Day Optimal Sleep Challenge