

THE WELLNESS BLUEPRINT

AUGUST 2026



Get Stronger, Live Longer

August is National Wellness Month, a great time to focus on our health. Nutrition, sleep, and stress management are all important for wellness, one could argue that muscle is equally important.

Researchers and clinicians are now calling muscle the “Organ of Longevity.” [Learn more about muscle mass and longevity in the August Newsletter.](#)

5 Steps for Creating a Health Fair Experience That Sparks Learning and Connection

Inspiration Corner

The workplace has changed a lot over the past few years. Although many employees are back on-site, organizations continue to face a common challenge: rebuilding the connections that create a strong workplace culture. Now, more than ever, it’s important to prioritize creating opportunities for employees to connect when planning events.

[Click here for a health fair planning resource that prioritizes learning and connection.](#)

Looking Ahead to October & November

Building healthy routines with a focus on prevention.

OCTOBER: BREAST CANCER AWARENESS MONTH

A holistic approach to prevention and awareness.

- *Well-being Class:* Our Fight Against Breast Cancer
- *Well-being Class:* All About Antioxidants & Cancer Prevention
- *Cooking Class:* Dig into Dark Chocolate
- *Fitness Class:* Vinyasa Yoga
- *Challenge:* 30-Day Optimal Health Challenge

NOVEMBER: NATIONAL DIABETES MONTH

Prevent, manage, thrive.

- *Well-being Class:* Living with Diabetes
- *Well-being Class:* The Truth About Carbohydrates: Blood Sugar Basics
- *Cooking Class:* Diabetically Delicious
- *Fitness Class:* Strength Training*
- *Challenge:* 30-Day Healthy Eating Challenge

*Available as an On-demand Video only.