THE WELLNESS BLUEPRINT

NOVEMBER 2026

A Recipe for Gratitude

Did you know that Thanksgiving became a national holiday in the midst of the Civil War? During a difficult and divided time, Lincoln called on Americans to recognize the blessings in their lives. That history is a good reminder that gratitude isn't just something we practice when everything is going well. Gratitude can help us find balance, especially when life feels stressful or uncertain, by reminding us to notice what is still good and meaningful. Read more.

Heart Health Series

Well-being Class Topics:

- ❤️ Solutions for Heart Health
- ❤️ DASHing to Blood Pressure Reduction
- ❤️ Cholesterol Counts

Cooking Class Topic:

- ❤️ Quick, Easy, Fresh: Everyday Meals in Minutes

Nutrition Awareness Station:

- ❤️ Longevity Lifestyles

Inspiration Corner

Each February we observe American Heart Month to raise awareness and promote prevention. Put prevention into action with our Heart Health Series: three well-being classes, a cooking demo, and a Health Fair Station, ready to schedule as a focused week of wellness or spread out with something each week to keep the momentum going all month long.
Learn more!

Looking Ahead to January & February

Focusing on fresh starts and healthy hearts.

JANUARY: A FRESH START

Fresh energy for the year ahead.

- *Well-being Class*: Habit Management for a Healthy You
- *Well-being Class*: Strategies for Healthy Living
- *Cooking Class*: Healthy Happy Hour: Dips & Mocktails
- *Fitness Class*: HIIT*
- *Challenge*: 30-Day Habit Challenge

FEBRUARY: AMERICAN HEART MONTH

Take well-being to heart.

- *Well-being Class:* Interpreting Your Biometric Numbers
- *Well-being Class:* DASHing to Blood Pressure Reduction
- *Cooking Class:* Eating for Wellness
- *Fitness Class:* Cardio Dance*
- *Challenge:* 30-Days to Becoming Nicotine-free Challenge

*Available as an On-demand Video only.