



# June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Register for Get Fit on Route 66 Challenge Begins!  1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Navigating the Grocery Store on a Budget: 3:30 p.m.	17 Nutrition and Heart Health: 8:30 a.m. & 3:45 p.m. *only 15 minutes! <u>The Silent Storm: Spotting Metabolic Syndrome Early: 12:00 p.m.</u>	18	19	20
21	22 Trending in Nutrition: 8:30 a.m. & 3:45 p.m. *only 15 minutes!	23	24	25 <u>TSG Cooking Show: Stackin' Pancakes &amp; Sippin' Smarts: 12:00 p.m.</u>	26	27
28	29	30	July 1	2	3	 4

## Additional Resources

### Podcasts:



[Learn tips and tricks for Healthy Eating on a Budget](#)

### Programs:



[Register for Get Fit on Route 66 Challenge Program Begins June 1](#)



[Apply to be a NMPSIA Wellness Ambassador!](#)



[Full Body Workplace Stretching Program](#)



[Life on Mindfulness](#)



[On-Demand Mindfulness Program: Mindful Blood Pressure Reduction Program](#)