

**WELLNESS  
DESIGNED WITH  
NEW MEXICO  
PUBLIC SCHOOLS  
EMPLOYEES  
IN MIND**

Everything here is free to NMPSIA members and designed to support your overall health.

*An ounce of prevention is worth a pound of cure.  
-Benjamin Franklin*

**APRIL 2026**

**TAKE ON A  
CHALLENGE**



**Spring into Motion is back for the 3<sup>rd</sup> Year!**

**The weather is getting warmer and its time to revitalize your wellness journey!**

**Registration begins April 1<sup>st</sup>**

**Challenge Begins April 13<sup>th</sup>**

**COUNT ON THIS  
ALL MONTH LONG**



**Health Quest Decode the Numbers that Power Your Health**

On-Demand program available March 2- May 1

Discover simple, meaningful insights that help you understand and reduce your health risks across 8 essential health markers.



**Full Body Workplace Stretching Program-**

On-Demand program available through December 31, 2026

Register for our 6-week email-based program to learn proper stretching, increase blood flow to your muscles, re-energize, and integrate stretch breaks into your daily routine.



**Mindfulness Program: Mindful Blood Pressure Reduction Program**

In this 3-part online program, you'll focus on practical, easy-to-learn techniques you can use right away. Every lesson includes two downloadable guided meditations designed to calm your nervous system, ease stress, and support healthy blood pressure.



**ACCESS ANYTIME**



**Life on Mindfulness**  
On demand stress relief through mindfulness



**Mental Health Hub:**  
BCBS Members have access to this mental health platform.



**TalkSpace:** Presbyterian Members have access to this therapy messaging platform

**HAPPENING THIS MONTH**

**MARK YOUR CALENDARS!  
DETAILS AND REGISTRATION ON THE NEXT PAGE!  
DON'T MISS OUT!**

**APRIL 2026**

| SUNDAY  | MONDAY                                    | TUESDAY   | WEDNESDAY   | THURSDAY                         | FRIDAY | SATURDAY |
|---|---|---|---|----------------------------------|--------|----------|
|   |   |   | 1<br>Registration begins for Spring into motion     | 2                                | 3      | 4        |
| 5   | 6   | 7   | 8   | 9                                | 10     | 11       |
| 12  | 13<br>Spring into motion Challenge Begins | 14  | 15<br>[Icon of people on a screen]                  | 16                               | 17     | 18       |
| 19  | 20  | 21<br>[Icon of a speech bubble with 'LIVE WEBINAR'] | 22  | 23<br>[Icon of a plate and fork] | 24     | 25       |
| 26<br>[Icon of a speech bubble with 'LIVE WEBINAR'] | 27  | 28  | 29<br>[Icon of a speech bubble with 'LIVE WEBINAR'] | 30<br>Last day for Health Quest  |        |          |

**TSG MONTHLY WEBINAR:**  
**Bone Deep: Strength for Every Body**  
Wednesday, April 15  
NOON - 1:00 PM

**TSG MONTHLY COOKING SHOW:**  
**Garden Glow & Chocolate Flow: Stress Relief & Mindful Indulgence**  
Thursday, April 23  
NOON-1:00 pm

**BCBS WEBINARS:**  
**Preventing Lifting and Back Injuries**  
Tuesday, April 21  
3:30 p.m.

**Healthy Bones and Joints**  
Monday, April 27  
8:30 a.m. and 3:45 p.m.

**Everyday Back Health**  
Wednesday, April 29  
8:30 a.m. and 3:45 p.m.

# ON DEMAND



**PODCAST:** Connect With Your Core - NM for a strong foundation in daily movements.



**PODCAST:** Learn some joint protection tips with Healthy Joint Mobility - NM.



**PODCAST:** Sit taller with Mindful Posture.

# FLYERS

**Work & Well-Being Newsletter**  
Attached

**TSG April Observance Poster: Bone Deep- Strength for Every Body**  
Flyer attached in both English & Spanish

**Presbyterian Home Test Kit**  
Flyer Attached

**BCBS Catapult Home Test Kit**  
Flyer Attached

**Preventive Health Screenings, By Age**  
Flyer Attached

**Building Muscle**  
Flyer Attached

**Ageless Mobility**  
Flyer Attached

## APRIL - WEEK 1



**Healthy Habit 4 of 12:**  
Call 3 people this month whom you love and cherish that you haven't spoken to in awhile.

## APRIL - WEEK 2

\*Recording available after registration

## APRIL - WEEK 3



### **Bone Deep: Strength for Every Body\***

Wednesday, April 15  
NOON – 1:00 PM

Bone health is often overlooked until it's too late. This session highlights how both men and women are affected by osteoporosis, and why prevention starts early. Learn about the critical role of nutrition, movement, and hormones in building and maintaining bone density, plus actionable steps to support lifelong skeletal strength.

REGISTER NOW

## APRIL - WEEK 4



### **Preventing Lifting and Back Injuries**

Tuesday, April 21  
3:30 p.m.

Join to learn strategies to take care of your back and reduce injuries. We will review the spine as you learn the causes of back injuries, and we will discuss tips for prevention and lifestyle improvement. [Register Here](#) or Scan the QR code.



### **Garden Glow & Chocolate Flow: Stress Relief & Mindful Indulgence\***

Thursday, April 23  
NOON-1:00 pm

April blossoms with recipes that showcase balance: the grounding power of garden-fresh veggies and the calming comfort of chocolate. Stress Awareness Month reminds us that nourishing both body and soul is key, and these dishes pair antioxidants, fiber, and hidden superfoods in creative ways. This month proves that vibrant veggies and mindful indulgence can happily live side by side on a pizza.

REGISTER NOW

## APRIL - LAST WEEK!

8:30AM

3:45PM

### **Healthy Bones and Joints**

Monday, April 27  
8:30 a.m. and 3:45 p.m.

Join to learn about ergonomics and musculoskeletal disorders (MSDs). We will also discuss symptoms of MSDs and risk factors, and tips & stretching techniques for prevention and improvement.



8:30AM

3:45PM

### **Everyday Back Health**

Wednesday, April 29  
8:30 a.m. and 3:45 p.m.

Join to learn the definition of back pain, risk factors relating to back pain, tips for maintaining a healthy back, and proper lifting techniques. You will also learn ergonomics with sitting, standing, and driving, and different stretching exercises & relaxation techniques.

