




# April 2026

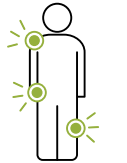
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 1 Register for Spring Into Motion	2	3	4
5	6	7	8	9	10	11
12	 13 Spring Into Motion Challenge Starts!	14	<u>Bone Deep: Strength for Every Body:</u> <u>12:00 p.m.</u> 15	16	17	18
19	20	21	22	<u>TSG Cooking Show: Garden Glow &amp; Chocolate Flow:</u> <u>12:00 p.m.</u> 23	24	25
26	27 Healthy Bones and Joints: <u>8:30 a.m.</u> & <u>3:45 p.m.</u> *only 15 minutes!	28	29 Everyday Back Health: <u>8:30 a.m.</u> & <u>3:45 p.m.</u> *only 15 minutes!	30	 May 1 LAST DAY for Health Quest Program	2

## Additional Resources

### Podcasts:



[Connect With Your Core](#) - for a strong foundation in daily movements.



Learn some joint protection tips with [Healthy Joint Mobility](#).



[Sit taller with Mindful Posture](#)

### Programs:



[Spring Into Motion Step Challenge](#)  
 Challenge Begins April 13



[Life on Mindfulness: Blood Pressure Reduction Program](#)



[Full Body Workplace Stretching Program](#)



[Health Quest: Decode the Numbers that Power Your Health](#)