

WELLNESS DESIGNED WITH NEW MEXICO PUBLIC SCHOOLS EMPLOYEES IN MIND

BROUGHT TO YOU BY



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

JULY 2026

COUNT ON THIS ALL MONTH LONG



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.



NEW! On-Demand Mindfulness Program: Mindful Eating

Discover a calmer, more connected way to nourish yourself with our Four-Part Mindful Eating Program. This online course gently guides you through the essentials of mindful eating—bringing awareness to your hunger cues, slowing down during meals, and developing a healthier relationship with food. No diets. Just mindfulness.



BRB WITH CHALLENGES



While the next challenge is just around the corner we want to wish you a happy, safe and fun 4th of July!

Stay tuned to see what NMPSIA Wellness has in store for you!

ACCESS ANYTIME

Presbyterian Fitness Program
For quick access and to learn more about Fitness Pass, go to: www.phs.org/wellness and sign in using your myPRES credentials.



Blue Cross Blue Shield Fitness Program

To enroll, log in to Blue Access for Members at bcbsnm.com and search for the Fitness Program under My Health > Wellness. *You need to enter the code FEB26FP



HAPPENING THIS MONTH

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

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TSG MONTHLY WEBINAR:
Sugar Smarts: Modern Strategies to Outsmart Diabetes
Wednesday, July 15
NOON – 1:00 PM

TSG MONTHLY COOKING SHOW:
Grillin' and Chillin' for Heart Healthy Thrills
Thursday, July 23
NOON-1:00 pm

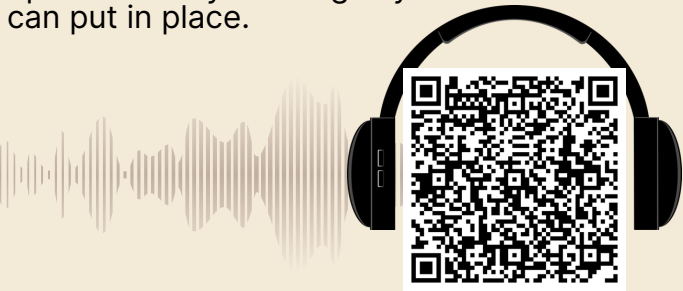
BCBS WEBINARS:
Diabetes 101
Tuesday, July 21
3:30 p.m.

Living Well with Diabetes
Monday, July 27
8:30 a.m. and 3:45 p.m.

Nutrition and Diabetes
Wednesday, July 29
8:30 a.m. and 3:45 p.m.

ON DEMAND

Podcast: 4 Things You Should Know to Live a Healthy Life with Diabetes provides practical tips and lifestyle changes you can put in place.



FLYERS

Work & Well-Being Newsletter
Attached

TSG July Observance Poster: Sugar Smarts-Smoother Glucose, Steadier You
Flyer attached in both English & Spanish

Wellness Ambassador Application Flyer-Get Involved!
Attached

Registered Dietitian Tricks for 4th of July Favorites
Attached

Well Balanced: Finding Balance- Guidance for Caregivers and Support for Diabetes Prevention
Attached

JULY - WEEK 1

HEALTHY
HABIT
INITIATIVE

Healthy Habit 7 of 12:

Take a 20-minute walk at least 5 times a week this month.

JULY - WEEK 2

REGISTER NOW

*Recording available after registration

JULY - WEEK 3



Grillin' and Chillin' for Heart Healthy Thrills

Thursday, July 23

NOON-1:00 pm (*Recorded and sent to all registered)

July is grilling season, and these recipes prove that summer flavors can be both bold and nourishing. With lean proteins, antioxidant-rich vegetables, and heart-healthy fats, this month celebrates vitality and safe sun living. Each dish is designed to fuel long summer days while keeping wellness at the forefront.

[Click Here to Register](#)

JULY - WEEK 4

REGISTER NOW



Diabetes 101

Tuesday, July 21

3:30 p.m.

Join to learn about diabetes, the various symptoms of diabetes, treatments and guidelines for management, and daily steps you can take for prevention and management



Sugar Smarts: Modern Strategies to Outsmart Diabetes

Wednesday, July 15

NOON – 1:00 PM (*Recorded and sent to all registered)

This session reveals the hidden drivers of blood sugar imbalance, including low muscle mass, poor sleep, and chronic stress, and demonstrates how small, consistent changes can have a significant impact. We'll also explore the exciting new frontier of non-invasive continuous glucose monitoring (CGM), a tool that reveals how your body responds to food, movement, and stress in real time. Together, these insights give you the power to move beyond fear of the needle and toward practical, everyday choices that protect long-term health. Participants will leave with a deeper understanding of how to build resilience against diabetes and real-world strategies for turning science into action.

[Click here to Register](#)

JULY - FINAL WEEK

8:30AM



3:45PM



Living Well with Diabetes

Monday, July 27

8:30 a.m. and 3:45 p.m.

Join to learn about diabetes, symptoms of diabetes, medications, and daily steps to good health.

8:30AM



3:45PM



Nutrition and Diabetes

Wednesday, July 29

8:30 a.m. and 3:45 p.m.

Join to learn how nutrition affects diabetes, how to set up a healthy plate, the best carbohydrates to consume, and healthy snacking ideas.

