

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*

MARCH 2026

COUNT ON THIS ALL MONTH LONG

Health Quest | Decode the Numbers that Power Your Health

In this self-paced program, you'll discover simple, meaningful insights that help you understand and reduce your health risks across 8 essential health markers, including blood pressure, cholesterol, and weight. You'll not only gain clarity on what these numbers really mean, but you'll also explore impactful lifestyle habits that can elevate your overall well-being. Each of the four modules are 20-30 minutes in length and include helpful resources.



TAKE ON A CHALLENGE

It's not too late to sign up!

"Take Charge of your Health" Challenge

Challenge ends March 27



This is a **supportive 7-week challenge** designed to help you manage your blood pressure with confidence. **Participants receive a blood pressure cuff**, join short virtual classes, and get practical **tips on nutrition, exercise, and healthy habits.**



Stay tuned because **April** will bring "Spring into Motion", a walking challenge that we are excited see for the 3rd year!

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!

2026 MARCH

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:
The Inflammation Situation: Cooling the Chronic Burn
Wednesday, March 18
NOON - 1:00 PM

TSG MONTHLY COOKING SHOW:
Noodle Your Way to a Balanced Plate
Thursday, March 26
NOON-1:00 pm

BCBS WEBINARS:

Trending in Nutrition
Tuesday, March 17
3:30 p.m.

The Power of Prevention
Wednesday, March 25
8:30 a.m. and 3:45 p.m.

Colorectal Cancer Awareness
Monday, March 30
8:30 a.m. and 3:45 p.m.

ON DEMAND



PODCAST: Explore Six Ways to be Proactive with Your Health by focusing on prevention.



PODCAST: The What You Should Know to Reduce Your Risk for Cancer discusses screening guidelines, vaccinations, and healthy lifestyle behaviors that may reduce your risk for cancer.



PODCAST: Partnering with your PCP can help you receive personalized health care.

FLYERS

Work & Well-Being Newsletter
Attached

TSG March Observance Poster: The Inflammation Situation
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

MARCH - WEEK 1



Healthy Habit 3 of 12:

Take a 10-minute walk after at least one meal every day

MARCH - WEEK 2

MARCH - WEEK 3

REGISTER NOW



Trending in Nutrition

Tuesday, March 17
3:30 p.m.

Join to learn about the basics of dieting, the importance of good nutrition, information on popular nutrition trends, and keys to maintaining a healthy weight.
[Register Here](#)



The Inflammation Situation: Cooling the Chronic Burn*

Wednesday, March 18
NOON – 1:00 PM

Feeling run-down, foggy, or just “off”? Chronic inflammation might be the culprit. Join us for a down-to-earth talk on how inflammation starts, why it sticks around, and the practical steps you can take to quiet it. From foods that fight fire to habits that heal, you’ll walk away with tools to help your body recover, repair, and thrive.

[Click here to Register](#)

*Recording available after registration

MARCH- WEEK 4

REGISTER NOW

8:30AM

3:45PM

The Power of Prevention

Wednesday, March 25
8:30 a.m. and 3:45 p.m.

Join to learn when to have appropriate screenings and immunizations, common health concerns for men and women, what knowing your numbers mean, and wellness tips and resources to help you stay healthy at any age.



Noodle Your Way to a Balanced Plate*

Thursday, March 26
NOON-1:00 pm

March highlights nutritional education with recipes that balance energy, flavor, and rest. This month, noodles and peanuts bring comfort while fiber and healthy fats provide gut support and sustained energy. With a colorful main course and a decadent yet nourishing dessert, these recipes demonstrate how balance, not restriction, creates the foundation for long-term wellness.

[Click Here to Register](#)

MARCH - LAST WEEK! (WHY IS MARCH SO LONG!?)

8:30AM

3:45PM

Colorectal Cancer Awareness

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

Join to learn about colorectal cancer, the most common risk factors, recommended guidelines and screening options, and daily steps and lifestyle changes to help reduce your risk.

