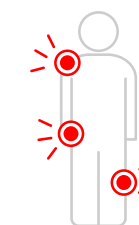


2026 August

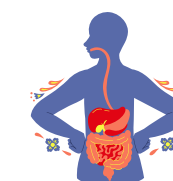
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
9	10	11 Living Financially Well: <u>11:30 a.m.</u>	12	13	14	15
16	17	18 Food as Medicine: <u>3:30 p.m.</u>	19 Gut Instincts: Microbes, Immunity & You: <u>12:00 p.m.</u>	20	21	22
23	24 Setting the Table for Healthy Eating: <u>8:30 a.m.</u> & <u>3:45 p.m.</u> *only 15 minutes!	25	26 Trust Your Gut and Support a Healthy Microbiome: <u>8:30 a.m.</u> & <u>3:45 p.m.</u> *only 15 mins!	27 TSG Cooking Show: Sandwich Zen for Wellness Wins: Wrap It, Melt, Love It: <u>12:00 pm</u>	28	29
30	31	Sept 1	2	3	4	5

Additional Resources

Podcasts:



- [Learn steps you can take to reduce inflammation with Fighting Inflammation.](#)



- [Learn ways to improve your Gut Health](#)



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

Programs:



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



- [Full Body Workplace Stretching Program](#)



- [Life on Mindfulness](#)



- [Mindful Eating](#)