

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

FEBRUARY 2026

COUNT ON THIS ALL MONTH LONG

Join this 4-Week Mindfulness for Better Sleep & Rest series

This a calming online course is designed to help you unwind your body, quiet your mind, and create space for deep, nourishing rest. Each session offers gentle guidance, soothing meditations, and simple science-backed tools to ease you into sleep and support better rest overall. Whether you're dealing with racing thoughts, restless nights, or just want a more peaceful evening routine, this program meets you where you are.



TAKE ON A CHALLENGE

Join our
**"Take Charge
of your Health"** Challenge

Duration: February 9 - 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 FEBRUARY

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

TSG MONTHLY WEBINAR:
Vital Signs, Vital Choices
Wednesday, February 18
NOON – 1:00 PM

TSG MONTHLY COOKING SHOW:
Love at First Bite: Heart-Healthy Snacking for Strength and Joy
Thursday, February 26
NOON-1:00 pm

BCBS WEBINARS:

Blue Access for Members, Mental Health Hub, and Well onTarget Overview (BCBS Members)
Friday, February 13 at 9:00 a.m.

Take Control of Your Stress
Tuesday, February 17 at 3:30 p.m.

Healthy Heart, Healthy You
Monday, February 23
Time: 8:30 a.m. and 3:45 p.m.
*only 15 minutes

Blood Pressure Basics
Wednesday, February 25
Time: 8:30 a.m. and 3:45 p.m.
*only 15 minutes

ON DEMAND



PODCAST: A guide to living with high blood pressure in [Tips for Managing Blood Pressure](#)



PODCAST: Una guía para vivir con alta presión en [Manejo de Hipertensión](#) (A guide to living with high blood pressure)



PODCAST: Learn about cholesterol guidelines and ways to improve your numbers in [Managing Your Cholesterol](#)

FLYERS

February Observance Poster: Vital Signs, Vital Choices
Flyer attached in both English & Spanish

Presbyterian Fitness Pass
Flyer Attached.

BCBS Fitness Program- Waived Enrollment During February (BCBSNM Members)

Well Balanced Newsletter: Spotting Fad Diets & Eating for Heart Health
Article Attached.

10 Tips to Be Good to Your Heart
Flyer attached.

Work and Wellbeing February Newsletter

JANUARY - WEEK 1

HEALTHY
HABIT
INITIATIVE



Healthy Habit 2 of 12:

Eat just one serving of veggies
20 times this month.



Life's Essential 8 Information:
[Life's Essential 8](#) | [American Heart Association](#)

JANUARY - WEEK 2



Blue Access for Members, Mental Health Hub, and Well onTarget Overview (BCBS Members only)

Friday, February 13

9:00 a.m.

learn about how to navigate the Blue Access for Members platform. We will also review the new Mental Health Hub and how to navigate how to find care all in one central location. We will also review the Well onTarget members portal and all of your wellness resources, and how to redeem blue points.
[Register Here](#)

JANUARY - WEEK 3



Take Control of Your Stress

Tuesday, February 17

3:30 p.m.

Join to learn about the different causes of stress, effects of stress, the four A's of stress management, self-care of management, and different stress management techniques.
[Register Here](#) or scan the QR code



Vital Signs, Vital Choices

*Wednesday, February 18

NOON – 1:00 PM

Your numbers tell a story — the question is whether you're listening. This webinar dives deep into the truth behind cholesterol, blood pressure, and the new frontier of health testing. You'll learn what each number means, why it matters, and how small changes create big impacts.
[Click here to Register](#) or scan the QR code

*Recording available after registration

JANUARY - WEEK 4

REGISTER NOW

8:30AM



3:45PM



Healthy Heart, Healthy You

Monday, February 23

8:30 a.m. and 3:45 p.m. *only 15 minutes

Learn about heart disease, different risk factors for heart disease, and what your blood pressure numbers mean. We will also discuss tips for improving your heart health

8:30AM



3:45PM



Blood Pressure Basics

Wednesday, February 25

8:30 a.m. and 3:45 p.m. *only 15 minutes

Join to learn what is classified as high blood pressure, risk factors associated with high blood pressure, the importance of controlling the condition, and steps to manage and improve blood pressure numbers.



Love at First Bite: Heart-Healthy Snacking for Strength and Joy

*Thursday, February 26

NOON-1:00 pm

February is all about heart health and smart snacking, blending indulgence with intention. This month's recipes celebrate sweetness without excess sugar and bring fiber, antioxidants, and protein into every treat. Whether sipping a smoothie, savoring a muffin, or crunching on a quinoa bite, each recipe delivers cardiovascular support and energy that lasts, reminding us that caring for your heart can taste downright delicious.

[Click Here to Register](#)