

WELLNESS
DESIGNED WITH
NEW MEXICO
PUBLIC SCHOOLS
EMPLOYEES
IN MIND

Everything here is free to NMSPIA members and designed to support your overall health.
An ounce of prevention is worth a pound of cure.
-Benjamin Franklin

JANUARY 2026

COUNT ON THIS
ALL MONTH LONG

NEW! ON-DEMAND MINDFULNESS PROGRAM:
MINDFULNESS FOR BETTER SLEEP & REST

Our Four-Part Sleep & Rest Program is a calming online course designed to help you unwind your body, quiet your mind, and create space for deep, nourishing rest.



READY FOR A
CHALLENGE?



February will bring a “Take Charge” challenge where you take charge of your health by knowing your numbers!

April will bring “Spring into Motion”, a walking challenge that we are excited see for the 3rd year!

ACCESS ANYTIME



Life of Mindfulness
On demand stress relief through mindfulness



Wondr: BCBS Members have access to this weightloss program!



Noom: Presbyterian Members have access to this weightloss program!

HAPPENING
THIS
MONTH

MARK YOUR CALENDARS!

DETAILS AND REGISTRATION
ON THE NEXT PAGE

OFFERED ONLY THIS MONTH!
DONT MISS OUT

2026 JANUARY

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 Energy Trifecta: Eat, Move, Sleep, Repeat
Wednesday, January 21

TSG MONTHLY COOKING SHOW:

Nourish Your Immunity, Energize Your Year
Thursday, January 22

BCBS WEBINARS:

Trending in Nutrition
Tuesday, January 20

Weaving Well-Being Into Our Lives
Monday, January 26

New Year, New You
Wednesday, January 28

ON DEMAND



PODCAST: Set Successful S.M.A.R.T. Goals to help clarify your ideas, focus your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.



PODCAST: Learn tips and tricks for Healthy Eating on a Budget



PODCAST: Get back on your health track by Re-establishing an Exercise Routine

FLYERS

TSG January Observance Poster
(Attachment)

Earn Points/Use your points: Wellness at Work Rewards
(Attachment)-Presbyterian Members

Work & Well-Being Newsletter
(Attachment)

January Resource:
Well Balanced: Healthy Habits that Last
(Attachment)

JANUARY - WEEK 1



Healthy Habit 1 of 12: Schedule the medical, dental and/or vision appointment you have been putting off.

JANUARY - WEEK 2

JANUARY - WEEK 3



Trending in Nutrition

Tuesday, January 20
3:30 p.m.

Learn the basics of dieting, the importance of good nutrition, keys to maintaining a healthy weight, and information on popular nutrition trends.



The Energy Trifecta: Eat, Move, Sleep, Repeat*

Wednesday, January 21
NOON – 1:00 PM

Energy isn't found in a cup of coffee; it's created through synergy. This webinar brings participants back to the fundamentals of vitality: food as fuel, movement as momentum, and sleep as restoration. Through science backed strategies and small habit shifts, learn how to align these three essentials to create a more energized, focused, and productive life.



Nourish Your Immunity, Energize Your Year*

Thursday, January 22
NOON-1:00 pm

January kicks off with foods that warm the body, strengthen immunity, and lay a healthy foundation for the months ahead. With winter's chill, the focus is on nutrient-dense ingredients that steady digestion, boost brain, and liver health, and energize mornings. From leafy arugula to ancient grains and veggies, these breakfasts prove that savory can be just as comforting as sweet, setting the stage for a year of mindful nourishment.

*Recording available after registration

REGISTER NOW

REGISTER NOW

JANUARY - WEEK 4

8:30AM



3:45PM



Weaving Well-Being Into Our Lives

Monday, January 26
8:30 a.m. and 3:45 p.m.

Join to learn about the five essential elements of well-being: career, social, financial, physical, and community. You will also learn how to measure well-being and tips for boosting each element to help you thrive!

8:30AM



3:45PM



New Year, New You

Wednesday, January 28
8:30 a.m. and 3:45 p.m.

In this webinar, you'll learn the top four health resolutions made each year, how to set achievable goals, and helpful tips for becoming more physically active, eating healthier, quitting tobacco use, and reducing your stress.