

**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*

JUNE 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.

**JOIN
NOW**



**Mindfulness Program: Mindful
Blood Pressure Reduction Program**

In this 3-part online program, you'll focus on practical, easy-to-learn techniques you can use right away.

Every lesson includes two downloadable guided meditations designed to calm your nervous system, ease stress, and support healthy blood pressure.

**JOIN
NOW**



**READY FOR A
CHALLENGE**



Don't let the momentum stop with Spring into motion!

Join our summer challenge and let the **Historic Route 66** inspire, delight, and charm you! Start in the heart of Chicago and travel through 8 states to the California coast while getting fit and having fun. In this challenge you'll learn something exciting along the way and explore the various towns and cities that showcase the character of American culture along the iconic, Route 66.

Link/Registration opens May 18th
Challenge Details: June 1 - 26



**REGISTER
HERE**

ACCESS ANYTIME

**JOIN
NOW**



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!**

JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
31	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	1	2	3	4

TSG MONTHLY WEBINAR:

The Silent Storm- Spotting Metabolic Syndrome Early
Wednesday, June 17
NOON - 1:00 PM

TSG MONTHLY COOKING SHOW:

Stackin' Pancakes & Sippin' Smarts: Fuel for Muscles and Minds
Thursday, June 25
NOON-1:00 pm

BCBS WEBINARS:

Navigating the Grocery Store on a Budget
Tuesday, June 16
3:30 p.m.

Nutrition and Heart Health
Wednesday, June 17
8:30 a.m. and 3:45 p.m.

Trending in Nutrition
Monday, June 22
8:30 a.m. and 3:45 p.m.

ON DEMAND

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



FLYERS

Work & Well-Being Newsletter
Attached

TSG June Observance Poster:
The Silent Storm- Spotting Metabolic Syndrome Early
Flyer attached in both English & Spanish

Wellness Ambassador Application Flyer
Attached

Presbyterian Nutrition Support
Qualtrics Flyer Attached.

BCBS Nutrition Support
Wondr Flyer Attached

Nations Nutrition Article: Eating for Your Workout
Attached

JUNE - WEEK 1



Healthy Habit 6 of 12:
Follow the 5-2-1-0 Rule

- 5 veggies/fruits daily
- 2 hours or less of screen time
- 1 hour of movement
- 0 sugary drinks

JUNE - WEEK 2

REGISTER NOW

*Recording available after registration

JUNE - WEEK 3



Navigating the Grocery Store on a Budget
Tuesday, June 16
3:30 p.m.
Join to learn how to plan before you shop, what labels mean, and how to virtually shop the aisles and learn tips and tricks for purchasing healthy, affordable foods.

8:30AM

3:45PM



Nutrition and Heart Health
Date: Wednesday, June 17
Time: 8:30 a.m. and 3:45 p.m. *only 15 minutes!
Description: Join to learn about heart disease, how healthier eating can help with heart health, ideas for meal and snack planning, and tips for making healthier choices at home and while eating out.



The Silent Storm- Spotting Metabolic Syndrome Early
Wednesday, June 17
NOON – 1:00 PM (Recorded and sent to all registered)
Metabolic syndrome is often called a “silent storm,” you don’t feel it brewing until it hits hard with diabetes, heart disease, or stroke. By the time symptoms show, the damage is often already advanced. Join us as we unpack the science behind why high blood pressure, elevated blood sugar, abnormal cholesterol, and extra weight around the waist quietly fuel inflammation and vascular damage long before you notice them. More importantly, we’ll highlight the power of early detection through regular screenings and simple at-home checks, while exploring holistic prevention strategies: balanced nutrition, restorative sleep, daily movement, stress reduction, and even social connection. [Click here to Register](#)

JUNE - WEEK 4

8:30AM

3:45PM



Trending in Nutrition
Monday, June 22
8:30 a.m. and 3:45 p.m. *only 15 minutes!
Join to learn the basics of dieting, the importance of good nutrition, information on popular nutrition trends, and keys to maintaining a healthy weight.



Stackin' Pancakes & Sippin' Smarts: Fuel for Muscles and Minds
Thursday, June 25
NOON-1:00 pm (Recorded and sent to all registered)
June emphasizes men’s health and brain awareness, with recipes designed to sharpen focus and fuel the body. These meals pair protein, fiber, and healthy fats to support muscle health, digestion, and cognition. Together, they highlight how simple, wholesome ingredients can supercharge both mental and physical performance. [Click Here to Register](#)

REGISTER NOW