

WELLNESS
DESIGNED WITH
NEW MEXICO
PUBLIC SCHOOLS
EMPLOYEES
IN MIND

BROUGHT TO YOU BY



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

AUGUST 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.



On-Demand Mindfulness Program:
Mindful Eating

Discover a calmer, more connected way to nourish yourself with our Four-Part Mindful Eating Program. This online course gently guides you through the essentials of mindful eating—bringing awareness to your hunger cues, slowing down during meals, and developing a healthier relationship with food. No diets. Just mindfulness.



While the next challenge is just around the corner we want to wish you a great and healthy new school year!

Stay tuned to see what NMPSIA Wellness has in store for you!

ACCESS ANYTIME

NEW! Express Scripts Member Support
If you are enrolled in a NMPSIA Medical plan for no cost to you, sign up for the EncircleRx through Omada!
Create a log in with Express Scripts to access EncircleRx and get access to a dedicated health professional and wellness tools sent direct to your home!

Use this QR code to log-in or create a log in with Express Scripts to get started!



HAPPENING
THIS
MONTH

MARK YOUR CALENDARS!
DETAILS AND REGISTRATION ON THE NEXT PAGE!
DON'T MISS OUT!

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11 LIVE WEBINAR	12	13	14	15
16	17	18 LIVE WEBINAR	19 LIVE WEBINAR	20	21	22
23	24 LIVE WEBINAR	25	26 LIVE WEBINAR	27 Dinner Plate and Fork	28	29
30	31					

TSG MONTHLY WEBINAR:

Gut Instincts: Microbes, Immunity & You
Wednesday, August 19
NOON – 1:00 PM

TSG MONTHLY COOKING SHOW:

Sandwich Zen for Wellness Wins: Wrap It, Melt It, and Love It
Thursday, August 27
NOON-1:00 pm

BCBS WEBINARS:

Living Financially Well
Tuesday, August 11
11:30 a.m.

Food as Medicine
Tuesday, August 18
3:30 p.m.

Setting the Table for Healthy Eating
Monday, August 24
8:30 a.m. and 3:45 p.m.

Trust Your Gut and Support a Healthy Microbiome
Wednesday, August 26
8:30 a.m and 3:45 p.m

ON DEMAND



Podcast: Get tips to feel secure in your financial future and make choices that let you enjoy life with Financial Wellbeing



Podcast: Learn steps you can take to reduce inflammation with Fighting Inflammation.



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

FLYERS



Work & Well-Being Newsletter
Attached

TSG August Observance Poster- GUT INSTINCTS:YOUR MICROBIOME, YOUR MOOD, YOUR METABOLISM
Flyer attached in both English & Spanish

Wellness Ambassador Application Flyer-Get Involved!
Attached

Nations Nutrition Article: Family-Friendly Packable Snacks for Travel
Attached

Well Balanced: Making Informed Choices- Vaccines and Health
Attached

Carrier Resources (Flyers Attached)
MyPres and Blue Access for Members (BAM)

AUGUST - WEEK 1 HEALTHY HABIT INITIATIVE

Healthy Habit 8 of 12:
Get 8 hours of sleep every night this month!

REGISTER NOW

AUGUST - WEEK 2



Living Financially Well

Tuesday, August 11

11:30 a.m.

Join to learn about financial wellbeing, and how financial stress can pose risks to your health. You will also learn tips on budgeting and saving, and how setting financial goals can help to reduce stress.

AUGUST - WEEK 3



Food as Medicine

Tuesday, August 18

3:30 p.m.

How food can be used as medicine for your body, foods that can increase or decrease inflammation within your joints, and healthier lifestyle changes that can help.



Gut Instincts: Microbes, Immunity & You

Wednesday, August 19

NOON – 1:00 PM

Your gut is home to trillions of microbes that shape everything from digestion to immunity. This session unpacks the cutting-edge science of the microbiome and its role in chronic disease prevention. Learn how stress, diet, antibiotics, and lifestyle affect gut diversity, and explore simple, evidence-based ways to support a healthier microbiome.

[Click here to Register](#) or use QR code

AUGUST - WEEK 4

8:30 AM



3:45 PM



Setting the Table for Healthy Eating

Monday, August 24

8:30 a.m. and 3:45 p.m.

Join to learn how to read and use the nutrition facts labels, how to shop smarter and make healthier choices, and how to make healthier food choices at home or eating out.

8:30 AM



3:45 PM



Trust Your Gut and Support a Healthy Microbiome

Wednesday, August 26

8:30 a.m. and 3:45 p.m.

Join to learn how the digestive system works and the role of our gut, the common digestive conditions and disorders, and ways you can help keep your digestive system healthy.

Sandwich Zen for Wellness Wins: Wrap It, Melt It, and Love It

Thursday, August 27

NOON-1:00 pm

August brings balance through the simplicity of sandwiches—one light and crisp, the other gooey and comforting. Both recipes embody wellness month by blending nourishment with enjoyment, offering easy, balanced meals that reduce stress and encourage mindful eating. These dishes remind us that sometimes simple really is best.

[Click Here to Register](#) or use QR code

