

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

SEPTEMBER 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.



BRING ON THE
CHALLENGE



Register for
NMPSIA's
Annual
Walktober
Event on
Monday,
September
14th!

NMPSIA
Walktober Socks
will be sent to the
First 75 to Register

Click
Here
to
Register

OR Scan the
QR code to
Register



Most Creative Team Name
will win the 'NM Educators
Pride Pack'! Voted on by the
NMPSIA Wellness team!

Weekly Raffle Prizes
Protein Shakers, Safari Hats,
Kitchen Scales, Fitbits, Picnic
Blankets, Massage Guns, and More



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!

SEPTEMBER 2026

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 			

TSG MONTHLY WEBINAR:
Strong Is the New Long:
Muscle for Longevity
Wednesday, September 16
NOON – 1:00 PM

TSG MONTHLY COOKING SHOW:
Golden Grains & Gentle Gains
Thursday, September 24
NOON-1:00 pm

BCBS WEBINARS:

Caregiver Support Webinar
Tuesday, September 22
3:30 p.m.

Breast Cancer Awareness
Monday, September 28
8:30 a.m. and 3:45 p.m.

Important Wellness Screenings As We Age
Wednesday, September 30
8:30 a.m. and 3:45 p.m.

ON DEMAND



Podcast: Learn how you can be proactive with your health with Women's Wellbeing Tips.



Podcast: Partnering with your PCP can help you receive personalized health care.

FLYERS

Work & Well-Being Newsletter
Attached

TSG August Observance Poster- STRONG IS THE NEW LONG: MUSCLE & LONGEVITY
Flyer attached in both English & Spanish

COMING SOON! Walktober
Attached

Recommended Preventive Health Screenings, by age Handout
Attached

Nations Nutrition Article: Guide to Seasonal Eating
Attached

Well Balanced: The Power of Prevention- Cancer Awareness
Attached

SEPTEMBER - WEEK 1 **HEALTHY HABIT INITIATIVE**

Healthy Habit 9 of 12: Treat yourself to something, big or small, that makes you happy 3x this month!

SEPTEMBER - WEEK 2

SEPTEMBER - WEEK 3

REGISTER NOW



Register for Walktober September 14th!
Step into the season by joining! Collect leaves, unlock prizes, and have fun building new routines that keep you moving. With cooler weather rolling in, it's the perfect time to explore, connect, and make the most of every step. Register and let's walk into a healthier, happier October together.



Strong Is the New Long: Muscle for Longevity
Wednesday, September 16
NOON – 1:00 PM (Recorded and sent to all registered)
Muscle isn't just for movement — it's a mood booster and brain protector. Acting like an endocrine organ, muscle releases myokines that reduce inflammation, sharpen memory, and lift mood. Research shows people with more lean mass have lower risks of depression, dementia, and chronic inflammatory disease. This session unpacks the surprising science behind the muscle–mind connection and offers simple, practical ways to build resilience for both body and brain.

SEPTEMBER - WEEK 4



Golden Grains & Gentle Gains
Thursday, September 24
NOON-1:00 pm (Recorded and sent to all registered)
September honors whole grains, honey, and connection, aligning with Suicide Prevention and Healthy Aging Month. These recipes highlight the power of complex carbs for longevity, natural energy for vitality, and nourishment for mental wellness. Together, they show how food fuels both the body and the spirit.



Caregiver Support Webinar
Tuesday, September 22
3:30 p.m.
Join to learn about the definition of a caregiver, understanding caregiver burnout and how to prevent it, tips for being a healthy caregiver, and how to support a caregiver.

SEPTEMBER - FINAL WEEK

8:30AM



3:45PM



Breast Cancer Awareness
Monday, September 28
8:30 a.m. and 3:45 p.m.
Join to lean about breast cancer, risk factors for breast cancer, the importance of breast cancer screenings, and wellness resources to stay healthy at any age.



8:30AM



3:45PM



Important Wellness Screenings As We Age
Wednesday, September 30
8:30 a.m. and 3:45 p.m.
Join to learn when to have appropriate screenings and immunizations, common health concerns for men and women, wellness tips and resources to help you stay healthy at any age.

