

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

OCTOBER 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](#)



NEW! On-Demand Mindfulness Program: **Walking Into Mindfulness**

3-part online program that teaches you how to bring mindfulness into something you already do every day: walk.

Through guided walking meditations, you'll learn three different ways to practice deliberately, finding mindfulness in your natural walking rhythm, and eventually opening your awareness to the world around you.

[JOIN
NOW](#)



BRING ON THE CHALLENGE



Register for NMPSIA's Annual Walktober Event!



[Click
Here
to
Register](#)

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

OR Scan the
QR code to
Register



**Deadline to register is
MONDAY, OCTOBER 5TH!**

ACCESS ANYTIME

Life on Mindfulness

On demand online platform that gives users a clear and dynamic roadmap toward a life of greater health, well-being and a lot less stress through mindfulness.

NEW LINK for life on mindfulness!
[Click Here to Register](#)



HAPPENING THIS MONTH

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

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 First Day of Walktober	2	3
4	5 Walktober Registration & Team Formation Deadline	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 LIVE WEBINAR	21	22	23	24
25	26 LIVE WEBINAR	27	28 LIVE WEBINAR	29	30	31 HAPPY Halloween

TSG MONTHLY WEBINAR:

Chair Repair: Undoing the Damage of Sitting
Wednesday, October 21
NOON - 1:00 PM

TSG MONTHLY COOKING SHOW:

Golden Grains & Gentle Gains
Thursday, September 24
NOON-1:00 pm

BCBS WEBINARS:

Healthy Bones and Joints
Date: Tuesday, October 20
Time: 3:30 p.m.

Hydration and Exercise
Date: Monday, October 26
Time: 8:30 a.m. and 3:45 p.m.

Exercise for a Healthier You
Date: Wednesday, October 28
Time: 8:30 a.m. and 3:45 p.m.

ON DEMAND



Podcast: Learn some joint protection tips with [Healthy Joint Mobility](#).



Podcast: [Upper Body Mobility](#) can help prevent injury and keep your joints health.



Podcast: Keeping your hips healthy is not only good for the hip but other areas of the body - [Maintaining Healthy Hips](#)

FLYERS



Work & Well-Being Newsletter
Attached

TSG Observance Poster- Chair Repair: Undoing the Effects of Sitting
Flyer attached in both English & Spanish

Nations Nutrition Article: Portion Power- Your Secret Weapon
Attached

Well Balanced: Mental Health Awareness: How to Start the Conversation
Attached

Presbyterian Fitness Pass
Attached

BCBS Fitness Program
Attached

OCTOBER - WEEK 1 **HEALTHY HABIT INITIATIVE**

Healthy Habit 10 of 12: Organize 4 areas, big or small, in your house or in your working envoriment. Feel the relief!

OCTOBER - WEEK 2

WALKTOBER ALL MONTH LONG

OCTOBER - WEEK 3

OCTOBER - WEEK 4

REGISTER NOW



Healthy Bones and Joints
Tuesday, October 20
3:30 p.m.
Join to learn about ergonomics and musculoskeletal disorders (MSDs). You will also learn symptoms of MSDs, risk factors, tips, and stretching techniques for prevention and improvement.



Chair Repair: Undoing the Damage of Sitting
Wednesday, October 21
NOON – 1:00 PM (Recorded and sent to all registered)
Sedentary work habits silently chip away at physical and mental health. In this session, discover the real science behind sitting disease, how it affects posture, metabolism, and mood, and practical micro-breaks to reverse the damage. Participants will leave with easy-to-implement stretches, movement hacks, and desk set-up tips to keep the body active and energized.
[Click here to Register](#)



Chili Today, Calm Tomorrow: Foods for Body & Soul
Thursday, October 22
NOON-1:00 pm (Recorded and sent to all registered)
October emphasizes emotional wellness, vegetarian awareness, and mindful indulgence. With warming chili and chocolatey brownies, these recipes balance plant-based nutrition with comfort, creating foods that nourish body and spirit alike. This month reminds us that food can ground us in both health and joy.
[Click Here to Register](#)

OCTOBER - FINAL WEEK

8:30AM



3:45PM



Hydration and Exercise
Monday, October 26
8:30 a.m. and 3:45 p.m. *Only 15 Minutes!
Learn how to stay active during the summer months, the signs of dehydration, impacts of dehydration on health and exercise, and how to prevent dehydration.

8:30AM



3:45PM



Exercise for a Healthier You
Wednesday, October 28
8:30 a.m. and 3:45 p.m. *Only 15 Minutes!
Learn about the benefits of exercise, how to start an exercise program, and continue to stay strong and flexible for total physical fitness. You will also learn how to properly hydrate and fuel up for exercising.

