

JANUARY 2026

**BUILDING BETTER HEALTH,
TOGETHER**

CONTENT TYPE



Quick Tip



Team Highlight



Fun Fact



Recipe



Motivate



Challenge



Group

PLATFORM

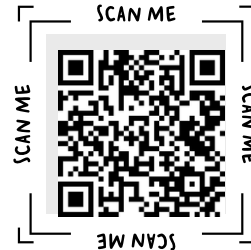
VIRTUAL

IN-PERSON

CHALLENGE



Hendricks
Regional Health

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 Use QR Code to Sign-Up for Tai Chi			1	2 <u>White Bean Chicken Chili</u>	3
4	5	6  "One Day or Day One? You decide." Paulo Coelho	7	8	9 	10
11	12   Movement Practice Start	13	14 Adding a New Movement Practice 5:30 pm	15  <u>Box Breathing can help calm the nervous system</u>	16	17
18	19	20 Tai Chi Plainfield 5:30 pm	21 Adding a New Movement Practice 5:30 pm	22	23 <i>The coldest recorded day in January is -80 F in Alaska</i>	24
25   Embrace Winter 2- Week	26  Health Coaching is a free service for our employer partners!	27	28 Adding a New Movement Practice 5:30 pm	29	30	31

LIFESTYLE MEDICINE PROGRAMMING QUESTIONS? CALL: 317-718-8160

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