

# FEBRUARY 2026

BUILDING BETTER HEALTH,  
TOGETHER

## CONTENT TYPE

- Quick Tip
- Team Highlight
- Fun Fact
- Recipe
- Motivate
- Challenge
- Group

## PLATFORM

VIRTUAL

IN-PERSON

CHALLENGE



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Embrace Winter Week 2</b> 	2 Movement Snack Break Live Sessions 	3 Movement Snack Break Series 12:30-12:45 	4 Adding a New Movement Practice 5:30	5	6 <u>Chocolate Chip Oatmeal Cups</u> 	7
8 	9 The Power of Relationships 6:00	10 Movement Snack Break Series 12:30-12:45	11	12 "Real change, enduring change, happens one step at a time." Ruth Bader Ginsburg 	13	14
15  <b>Sign-up Power of Relationships</b>	16	17 Movement Snack Break Series 12:30-12:45	18 <u>Check out the Hendricks County Winter Farmer's Market</u> 	19	20	21
22	23 Need more calm in your life? Connect with Cindy Myers for emotional fitness coaching! 	24 Movement Snack Break Series 12:30-12:45	25	26	27 <b>Fun Fact</b> The birth flower for February is the Violet. 	28

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

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