

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
Embrace Winter Week 2 	2 Movement Snack Break Live Sessions 	3 Movement Snack Break Series 12:30-12:45 	4 Adding a New Movement Practice 5:30	5	06 <u>Chocolate Chip Oatmeal Cups</u> 	07
08 SCAN ME	09 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 SCAN ME	16	17 Movement Snack Break Series 12:30-12:45	18 Check out the Hendricks County Winter Farmer's Market 	19	20	21
22 Sign-up Power of Relationships	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 The birth flower for February is the Violet. 	28

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

EMAIL: WELLNESS@HENDRICKS.ORG