

SEPTEMBER2026

BUILDING BETTER HEALTH, TOGETHER

CONTENT TYPE

- QUICK TIPS • Quick Tip
- TEAM • Team Highlight
- FUN FACT • Fun Fact
- RECIPE • Recipe
- MOTIVATE • Motivate
- CHALLENGE • Challenge
- Group

PLATFORM

- VIRTUAL
- IN- PERSON
- CHALLENGE



SUN	MON	TUE	WED	THU	FRI	SAT
		Eating seasonal fruits and veggies saves money and insures best flavor. Check out this fall season guide				
		FUN FACT			RECIPE 11	
6	7	SIGN UP	Gut Health 5:30 -6:30	10	Healthy Apple Cake	12
13	Micro -dosing Workouts 5:30 -6:30	15	16	TEAM 17	18	19
				It's time to schedule your flu shot.		
20	21	hello FALL	Hydration Challenge Start	24	QUICK TIPS 25	26
			Product Invitation		The body hates stagnation! Find ways to change your posture and move through out the day!	
27	Autum reminds us how beautiful it is to let things go.	29	2026 10-Day Hydration Challenge - Sept 23 - Oct 2	1	Hydration Challenge End	