

AUGUST 2026

**BUILDING BETTER HEALTH,
TOGETHER**

CONTENT TYPE

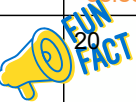
-  **Quick Tip**
-  **Team Highlight**
-  **Fun Fact**
-  **Recipe**
-  **Motivate**
-  **Challenge**
-  **Group**

PLATFORM

VIRTUAL

IN- PERSON

CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
30 7-Day Breathwork Challenge Aug 3 - 9 	31					1
2	3 Breathwork Challenge Start 	4 Plan time with friends! Social engagement releases oxytocin, a hormone that promotes relaxation and reduces anxiety. 	5	6	7  Cindy's Best Sauce 	8
9 Breathwork Challenge End	10	11 Tai Chi Level III HRH Plainfield 5:30-6:30	12  	13  The Perseid meteor shower peaks in mid-August, offering one of the most spectacular annual celestial displays	14	15
16	17	18	19	20 	21 Lifestyle Medicine Pillars Sleep, Stress Management, Nutrition, Exercise, Connection Avoiding Risky Substances 	22
23  	24 From Numbing to Nourishing- Rethinking How We Cope 6:00-7:00	25	26 Schedule your training days on your calendar each week. What's scheduled gets done! 	27	28	29



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

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