November 2026

BUILDING BETTER HEALTH, TOGETHER

CONTENT TYPE

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

PLATFORM

VIRTUAL

IN- PERSON

CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
1 MOTIVATE Find your calm for a more enjoyable holiday season .	2	3	4 SIGN UP	5 Stress Management Holiday Edition 5:30pm	6 RECIPE	7
8 SIGN UP	9 Attention Overload: Protecting Your Brain in a Distracted World 6-7 pm	10	11	12 SIGN UP	13 Be the one to bring the fruit. Check out these fruit salad recipes	14
15	16 SIGN UP	17 Holiday Food Survival 5:30pm	18 Holiday Stress Management Challenge Start	19 2026 7-Day Holiday Stress Management Challenge	20	21 FUN FACT
22	23	24 Holiday Stress Management Challenge End	25	26 happy thanksgiving C	27 Have you heard of the Buy Nothing Day Movement? Click the link to learn more.	28
29	30 QUICK TIPS Feeling uncomfortable because you ate too much? Take a walk and see if it helps.				*We invite you to share your feedback with the Lifestyle Medicine Team*	Lifestyle Medicine / Wellness Coaching Feedback

Hendricks Regional Health

LIFESTYLE MEDICINE PROGRAMMING QUESTIONS? CALL: 317-718-8160 *EMAIL: WELLNESS@HENDRICKS.ORG*