

APRIL 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
		 	1 April 1 st is National Walking Day! 	2	3 Roasted Asparagus 	4
5	6 April is a great month to start an herb garden!	7 	8 Weight Loss Group 12:30-1:00	9	10	11
12	13 Melt-Mold-Move Video Series: You will need a foam roller and massage ball for this series.	14 Melt, Mold Move Video Series	15 Weight Loss Group 12:30-1:00	16 Melt, Mold Move Video Series	17 The green light of walking in the woods has a calming effect on us! -link to Hendricks County Parks 	18
19	20 	21 Melt, Mold Move Video Series	22 Weight Loss Group 12:30-1:00	23 Melt, Mold Move Video Series	24 	25
26	27 Nothing is impossible. The word itself says 'I'm Possible'. Audrey Hepburn	28 Melt, Mold Move Video Series	29 Weight Loss Group 12:30-1:00	30 Melt, Mold Move Video Series		



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

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