

MAY 2026

BUILDING BETTER HEALTH, TOGETHER

CONTENT TYPE











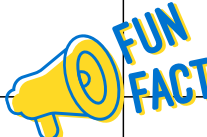
-  **QUICK TIPS** • Quick Tip
-  **TEAM** • Team Highlight
-  **FUN FACT** • Fun Fact
-  **RECIPE** • Recipe
-  **MOTIVATE** • Motivate
-  **CHALLENGE** • Challenge
-  **GROUP** • Group

PLATFORM

VIRTUAL

IN- PERSON

CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
31					 TEAM 1 May is High Blood Pressure Ed Month. Half of U.S. adults have it-have you checked yours? 	2
 	4 Gratitude Challenge Week 1 	5	 MOTIVATE 6 Motivation is based upon good self-care. Getting outside in the sun is a natural method of stress reduction. 	7	8	9
10	11 The Anti-Sitting Approach to Movement Health 5:30-6:30 	12	13	14 Strawberry Season is coming! Plan your u-pick family day. 	15 Gratitude Challenge End 	16
17	18 	19 Tai Chi II 5:30-6:30pm Plainfield	20	21	 QUICK TIPS 22 The winner of the Indy 500 can expect to win between 3.7-4 million dollars!	23
 	25 MEMORIAL DAY	26	27  RECIPE Strawberry Banana Smoothie	28	29  FUN FACT	30



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

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