



Be Well. Care Well.

Be Well Bulletin

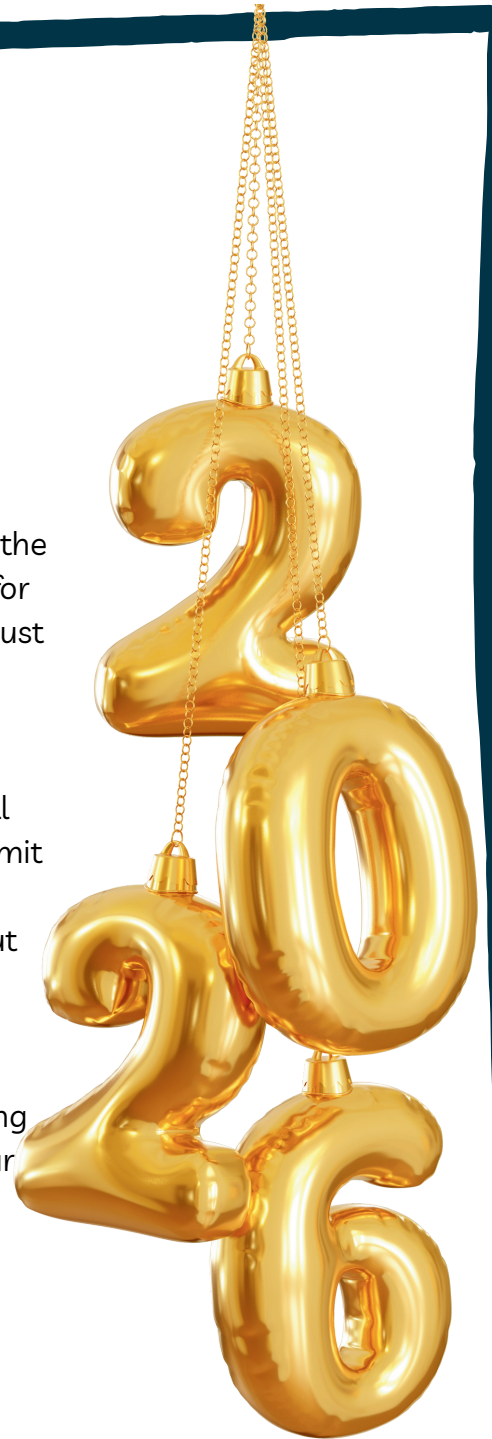
New Year, New Horizons: Embrace the Fresh Start

Happy New Year!! As we step into this exciting new chapter, it's the perfect time to embrace fresh beginnings and set our intentions for a vibrant and healthy year ahead. The start of a new year is not just a change in the calendar, but a wonderful opportunity to refresh our minds, bodies, and souls.

We're thrilled to have you continue this journey with us at Be Well Care Well, focusing on health and well-being. This year, let's commit to nurturing our bodies through mindful eating, invigorating exercise, and restful sleep. Remember, it's not about perfection but progress. Each small step you take is a victory worth celebrating!

Our program is here to support you every step of the way. From motivational workshops to engaging activities, we have an exciting schedule lined up to inspire and guide you towards achieving your wellness goals. Together, we'll cultivate habits that will not only enhance our physical health but also elevate our mental and emotional wellbeing.

Let's make 2026 a year of rejuvenation, positivity, and endless possibilities. We can't wait to see you flourish and thrive!
Wishing you health, happiness, and prosperity in the New Year!



Upcoming Events

HAPPY NEW YEAR!!

Thursday, January 1, 2026

SC Thrive: Financial Health 102

Thursday, January 8, 2026

6:30 pm- 8:00 pm

Happy
New Year

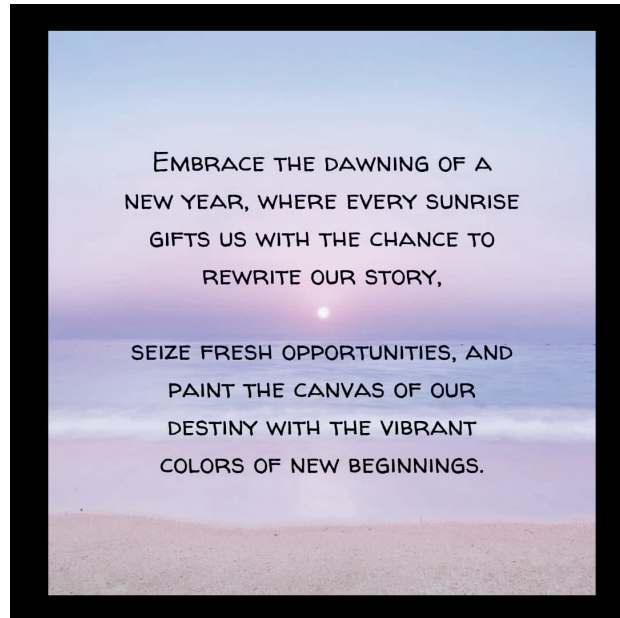
JANUARY 2026



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Embracing a Fresh Start



**SCAN HERE TO
LEARN AND MAKE
YOUR OWN VISION
BOARD FOR 2026**



As the new year unfolds, it offers a chance to embrace a fresh start and explore new ideas and habits that can transform our lives. This time of renewal is significant for health and wellness, encouraging us to shed old patterns and adopt practices that nurture our well-being. Whether trying a new fitness routine, experimenting with nutritious recipes, or incorporating mindfulness into our schedules, the new year is a canvas for vibrant change. Embracing these ventures revitalizes our physical, mental, and emotional resilience. As we embark on this journey, ponder this:

What new habits or ideas will you embrace this year to enhance your well-being and bring you closer to your best self?



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