

NEWSLETTER

FEBRUARY 2026

Wellness Tips

Show Your Heart Some Love

February is American Heart Month, making it the perfect time to focus on heart health. Small, consistent habits can make a big difference—like adding more movement to your day, choosing heart-healthy foods, and managing stress. Even a brisk 10-minute walk or a few minutes of deep breathing can support cardiovascular health. These simple steps help protect your heart now and for years to come.

Webinars

February Lineup

- 4** - College Education Strategies
- 5** - Back Care Basics
- 10** - Caregiving: Financial Options
- 11** - Get Your Bucket List Done
- 12** - Women's Health
- 18** - Navigating Substance Misuse
- 19** - Chair Yoga
- 24** - Strengthening Relationships
- 25** - Strategies for Coping w/Grief
- 26** - Taking Care of YourSELF

Local Gems

San Timoteo Nature Sanctuary

Enjoy a peaceful outdoor retreat at the San Timoteo Nature Sanctuary in Redlands. This lesser-known area features gentle walking paths, native plants, and scenic views, making it ideal for a calming February stroll. Cooler temperatures and fewer crowds create the perfect setting to slow down, get fresh air, and reconnect with nature. Time spent outdoors can improve mood, reduce stress, and support overall wellness.

Visit to learn more about the trails

Resources

Health Advocate Concierge Service

The EAP program can help save you time by handling everyday tasks like researching and coordinating travel, planning events, and finding reliable contractors, so you can stay focused on work and life.

Call **866-611-8379** to learn more.

Upcoming Events

February 11
Benefits Pop-Up Tour
TAD Victorville
Oasis Room
11:30 AM - 1:00 PM

More Info

- [Wellness Home Page](#)
- [Wellness Webinar Schedule](#)
- [Wellness Events](#)
- [Wellness Resources](#)