

# 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.

## 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.

**Visit to learn more about the trails**

## 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](#)