



# NEWSLETTER

**MARCH  
2026**

## Wellness Tips

### Digital Detox: Unplug to Recharge

Modern life constantly exposes us to blue light, non-stop notifications, and EMFs from Wi-Fi and wireless devices. Protect your sleep and focus by wearing blue light glasses after sunset, turning off Wi-Fi at bedtime, limiting wireless headphone use, & taking short screen breaks. Even one screen-free evening each week can reset your nervous system and improve overall well-being.

## Webinars

### March Lineup

- 4** - Retirement Savings Strategies
- 5** - Chair Yoga
- 11** - Unplugging After Work
- 12** - The Art Of Listening
- 18** - MYOB: Confidentiality, Rumors and Gossip
- 24** - Investment Fundamentals for All
- 25** - Tai Chi Flow
- 31** - Anger Management

## Local Gems

### Deep Creek Hot Springs

Escape the city and recharge in nature at Deep Creek Hot Springs in San Bernardino County. Just a moderate hike from the trailhead, these natural pools offer a serene spot to soak, relax, and reset your mind and body. March's cooler weather makes the hike comfortable, wildflowers start to bloom, and the trails are less crowded than in summer. Whether you're seeking a mindful solo retreat or a peaceful adventure with friends, a visit to Deep Creek is the perfect way to reconnect with nature this spring season.

#### **Learn more:**

[Visit Forrest Service Website](#)

## Resources

### **Kaiser Permanente** *Total Health Assessment*

Thinking about making positive changes for your health? Get a head start & take Kaiser's Total Health Assessment today!

**[Visit KP to Learn More](#)**

## Upcoming Events

### **Flourish Health & Wellness Fair**

ARMC Hospital  
Oak Room  
400 N Pepper Ave,  
Colton  
March 11, 2026  
11:30 AM - 1:30 PM

## More Info

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