

The Wellness Wheel

Alzheimer's & Brain Awareness Month + Employee Wellness Month

Your brain thrives on intentional habits. This month, explore how Alzheimer's impacts brain health — and discover simple ways to protect your mind and support long-term wellbeing.

Understanding Alzheimer's

Behavioral changes — from denial to frustration — can be challenging when supporting someone with [Alzheimer's](#) or dementia. [Learn about the stages of the disease](#) and explore resources to help you and your loved ones navigate it.

Build Better Brain Habits

Curious how your daily habits stack up? Try the [Brain Health Habit Builder](#) — a free tool to assess your physical activity, nutrition, sleep and more — and create a personalized plan for better brain health.



DID YOU KNOW?

Sleep deprivation can impact cognitive speed, decision-making, emotional balance and long-term brain health.

Prioritize Rest and Recovery

Quality sleep is essential. Join the Wellworks session, [How Sleep Affects Overall Health](#), to learn practical strategies to improve your sleep habits. (Access via Wellworks For You > [Learning Center](#).)

Celebrate Wellness Month with Daily Habits

Stay motivated with our [June Wellness Calendar](#), featuring simple daily habits and ways to use your wellness resources.

Need a boost? Check out [Building Motivation: 5 Steps to Stay on Track](#) to help you set and achieve your goals.



Stay Tuned, Stay Powered Up

Remember, your benefit program resources are available 24/7 on [Your Benefits Hub](#) at employees.taylor.com.

Coming in July

Next, we'll focus on Physical Health with tips on functional fitness, prevention and caring for your body.



Scan Here

Link to Your Benefits Hub for all your benefit plan details.