



The Wellness Wheel

Join our monthly spin for your health

TAYLOR

Q1 2026 ARCHIVES – NUTRITION

**Link below to read our past
Wheel spins**

January – [Fuel Up Your Body \(Nutrition Tips\)](#)

February – [7 Habits for a Healthy Heart](#)



Stay tuned for a new one
each month in your Inbox,
Compass and on
Your Benefits Hub!

For Taylor's benefit partner and wellbeing program contacts, [click here](https://employees.taylor.com). (employees.taylor.com)