



The Wellness Wheel

Join our monthly spin for your health

TAYLOR

2026 ARCHIVES

Link below for past Wheels

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

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

March – [Fuel Your Best Self for Nutrition Month](#)

April – [Stress Awareness Tips](#)



May – [Mental Health Awareness Activities](#)

June – [Wellness Month & Alzheimer's Awareness](#)

July – [Summertime Routines for a Healthier You](#)

Watch for a new one each month in your
Inbox & on *Your Benefits Hub!*

For Taylor's benefit partner and wellbeing program contacts, [click here](#).