



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](#)



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

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