



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](#)

August – [On-the-Go Healthy Habits](#)

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](#).