



GROWING WELLNESS

Mental Health Minute Nutrition

The link between nutrition and mental health is becoming increasingly clear as research continues to show how profoundly food influences the brain. Nutrients affect everything from neurotransmitter production to inflammation levels, gut health and blood sugar stability. When these systems are supported, people often experience steadier moods, sharper thinking and better emotional resilience. While nutrition isn't a replacement for professional mental health care, it forms a powerful foundation that can enhance overall well-being and complement other forms of support. Visit the Mental Health Minute on our microsite to learn more!



Live Well, Work Well

The March edition of Live Well, Work Well is here! Build healthy habit with Wellness Stacking, learn about top health trends of 2026, and prioritize kidney health this month.

National Monthly Awareness

March is National Nutrition Month. This month, assess your eating habits and educate yourself about the best ways to fuel your body. Healthy eating focuses on finding balance, it's not all or nothing. It comes down to making informed food choices and developing sustainable, healthy eating and physical activity habits. It can sound intimidating, but a balanced diet leaves room for personal preferences!

