

ROADMAP TO WELLNESS

2026 | YOUR ROUTE TO A HEALTHIER YEAR

JANUARY

Roadmap to Wellness | Choose your stops and explore what's offered throughout the year.

FEBRUARY

Route to A Better Beat: Heart Health Program | Physical, Mental & Emotional Wellness

MARCH

March Into May: National Parks Edition | Physical, Social & Occupational Wellness

APRIL

March Into May: National Parks Edition | Physical, Social & Occupational Wellness

MAY

March Into May: National Parks Edition | Physical, Social & Occupational Wellness

JUNE

Fuel Your Journey: Nutrition Program | Intellectual, Environmental & Physical Wellness

JULY

Wellness Explorer Activity Card | Corporate Games | All dimensions of wellness

AUGUST

Overlook Adventures: Program Highlights | All dimensions of wellness

SEPTEMBER

Highway to Health: Deepen Your Understanding of key wellness topics | All dimensions of wellness

OCTOBER

Budgeting Your Route Forward | Financial & Intellectual Wellness

NOVEMBER

Miles to Meaning: Service Based Program | Spiritual, Emotional & Occupational Wellness

DECEMBER

Rest & Refuel | Emotional, Social, Occupational & Spiritual

TAKE THE SCENIC ROUTE ON YOUR WAY TO A HEALTHIER YOU AND CHECK OUT OUR MONTHLY HIGHLIGHTS, ACTIVITIES, WORKSHOPS AND EVERGREEN PROGRAMS. WE PROMISE THEY ARE WORTH THE STOP!



2026

Look for these exit signs
along your journey!

Monthly Highlights, Activities and Workshops



January | Mapping Your Goals

Mapping Your Goals; Identifying Your Why; being intentional about choosing what to participate in throughout the year.

Planned Evergreens/Monthly Workshops/Events:

- JAN 5th – Monthly Mindset Reset: 10 Minute Guided Mindfulness: 10–10:10AM
- JAN 8th – Caregiver Support Series
- JAN 12th – Step Into Monday: Walking Workshop Series: 12–12:30PM
- JAN 13th – Building Atomic Habits: 12–12:45PM
- JAN 15th – Financial Coaching in Action Workshop: 12–12:30PM
- JAN 22nd – Therapy Animals at the GC @11:30AM–1:30PM
- JAN 26th – Diabetes Prevention Program START

February | Route to a Better Beat: Heart Health

A heart-healthy program focusing on physical, mental/emotional, social, and intellectual wellness – energize your body, mind and connections.

Planned Evergreens/Monthly Workshops/Events

- FEB 2nd – Monthly Mindset Rest: 10 Min. Guided Mindfulness: 10–10:10AM
- FEB 9th – Step Into Monday: Walking Workshop 12–12:30PM
- FEB 10th – Building a Culture of Care Workshop: 12–12:45PM
- FEB 12th – Caregiver Support Series: Building Resilience 12–1PM
- FEB 12th – Functional Strength Training Fitness Class: 12–12:30PM



March | March Into May: National Parks Edition

Annual Step Competition: We are going on a road trip, National Parks Edition! Let's get moving.

Planned Evergreens/Monthly Workshops/Events

- MAR 2nd – Monthly Mindset Reset: 10–10:10AM
- MAR 9th – Step Into Monday: Walking Workshop: 12–12:30PM
- MAR 11th – Nature and Your Mental Health Workshop: 12–1PM
- MAR 12th – Caregiver Support Series: 12–1PM
- MAR 19th – MACU Workshop: 12–12:30PM
- MAR 19th – Walking Art Tour: 12:15–1PM

April | March Into May: National Parks Edition

Planned Evergreens/Monthly Workshops/Events

- APRIL 6th – Monthly Mindset Reset: 1–10:10AM
- APRIL 9th – Caregiver Support Series: 12–1PM
- APRIL 9th – Supporting Survivors Workshop: 12–1PM
- APRIL 13th – Walking Workshop: 12–12:30PM
- APRIL 15th – Blue Zones: The Key to Longevity: 12–12:45PM
- APRIL 15th & 16th – Mobile Mammography at GC
- APRIL 17th – Mobile Mammography at Metro Jail

May | March Into May: National Parks Edition

Planned Evergreens/Monthly Workshops/Events

- MAY 4th – Monthly Mindset Reset: 10–10:10AM
- MAY 11th – Walking Workshop 12–12:30PM
- MAY 14th – Caregiver Support Series 12–1PM
- MAY 18th – Impacts on Physical & Mental Health 12–1PM
- MAY 21st – MACU Financial Workshop: 12–12:30PM

June | Fuel Your Journey: Nutrition

A nutrition based program designed to help you make conscious choices regarding nutrition, understand your body's needs, and have fun with food!

Planned Evergreens/Monthly Workshops/Events

- JUNE 1st – Monthly Mindset Reset: 10–10:10AM
- JUNE 3rd – Fueling a Resilient Mindset: 12–1PM
- JUNE 8th – Walking Workshop 12–12:30PM
- JUNE 9th – Consent & Communication: 12–12:45PM
- JUNE 11th – Caregiver Support Series 12–1PM
- JUNE 17th – Outdoor Sound Bath: 5:30–6:30PM
- JUNE 24th – Stepping Into Sustainable Nutrition 12–12:45PM

***Reminder* ALL workshops, events & classes are subject to change.**

Monthly Highlights, Activities, Workshops & Evergreen Programs Continued



July | Wellness Explorer Activity Card

Self-paced program offers flexible options to try new things.

Wellness is about what works for you—embrace the excitement of a new wellness adventure that fits your life.

Planned Evergreens/Monthly Workshops/Events

- JULY 6th – Monthly Mindset Reset: 10–10:10AM
- JULY 9th – Caregiver Series: 12–1PM
- JULY 13th – Walking Workshop: 12–12:30PM



August | Enjoy the View & Overlook Adventures

This program highlights some of our favorite wellness moments from the year. Explore our on-demand library, create personal challenges, and discover new ways to stay inspired.

Planned Evergreens/Monthly Workshops/Events

- AUG 3rd – Monthly Mindset Reset: 10–10:10AM
- AUG 5th – Intuitive Eating Workshop 12–1PM
- AUG 10th – MACU 12–12:30PM
- AUG 10th – Walking Workshop 12–12:30PM
- AUG 13th – Caregiver Support Series 12–1PM

September | Highway to Health

A program designed to deepen your understanding of key wellness topics, including sleep, stress, mindfulness, and environmental well-being.

Planned Evergreens/Monthly Workshops/Events

- SEPT 7th – Monthly Mindset Reset: 10–10:10AM
- SEPT 9th – Mobile Mammography at GC
- SEPT 10th – Caregiver Series Workshop 12–1PM
- SEPT 10th – Mobile Mammography at Metro Jail
- SEPT 10th – Caregiver Support Series
- SEPT 14th – Walking Workshop 12–1PM
- SEPT 16th – The Science behind lifestyle medicine Workshop: 12–1PM



October | Budgeting Your Route Forward

A program that builds financial confidence through budgeting tips, smart spending habits, goal setting, and tools to manage money with clarity and control.

Planned Evergreens/Monthly Workshops/Events

- OCT 6th – Dinner with the Rape Recovery Center: A Night of Insight & Connection: 6–7PM
- OCT 7th – Make the Most of Your 401k 12–12:45PM
- OCT 8th – Caregiver Support Series 12–1PM
- OCT 12th – Walking Workshop 12–12:30PM

November | Road Work Ahead: Miles of Meaning

Annual service project and focus on uplifting the communities in which we live.

Planned Evergreens/Monthly Workshops/Events

- NOV 2nd – Monthly Mindset Reset: 10–10:10AM
- NOV 9th – Walking Workshop: 12–12:30PM



December | Rest & Refuel

A month focused on resting your engine with mindfulness, grounding, and living in the present moment.

Planned Evergreens/Monthly Workshops/Events

- DEC 7th – Monthly Mindset Reset: 10–10:10AM
- DEC 14th – Walking Workshop Series: 12–12:30PM

***Reminder* ALL workshops, events & classes are subject to change.**

For the most up to date offerings, please visit our website, <https://www.saltlakecounty.gov/employee-wellness>.

