

2026 FALL

Wellness Calendar

Blue Cross Blue Shield of Rhode Island invites you to participate every second Wednesday of the month for our signature **Wellness Wednesday** health education workshops.

PLUS stop by every fourth Monday for a 15-minute **Mindfulness Break**.

Earn points on BlueCare Connect:

Self-report your attendance under Benefits or Ways to Earn > Events & Webinars!

August

Wellness Wednesday, August 12th at 12:00 pm – STRONGER BACK, HEALTHIER YOU *(Click Date to Register)*

Discover everyday techniques to prevent back injuries, speed recovery, and maintain spinal health.

Mindful Monday, August 24th at 12:30pm – WELLNESS STRETCH BREAK *(Click Date to Register)*

Take a revitalizing 15-minute stretch break to improve your focus and relaxation.

SEPTEMBER

NEW: Weekly Beginner Pilates – Fridays in September at 12:00 pm

Take a midday reset with Pilates sessions, designed exclusively for RWU Faculty, to build strength, improve flexibility, and recharge for the rest of your day. All levels are welcome, just bring yourself and get ready to move!

- **September 4th**
- **September 11th**
- **September 18th**
- **September 25th**

Wellness Wednesday, September 9th at 12:00 pm – TALK SAVES LIVES

This workshop from the American Foundation for Suicide Prevention provides an understanding of suicide as a leading cause of death, including research on prevention and community support.

Mindful Monday, September 28th at 12:30 pm – SELF CARE MEDITATION

This practice will help you nurture a kinder relationship with yourself and enhance your overall well-being.

OCTOBER

Wellness Wednesday, October 14th at 12:00 pm – WOMEN'S HEALTH: THRIVE THROUGH MENOPAUSE

Get the lowdown on menopause basics, common experiences, and review treatment options and lifestyle factors that can support menopause symptoms.

SAVE THE DATE: Wednesday, October 14th, 11:00 am – 2:00 pm

ANNUAL FACULTY & STAFF BENEFITS & WELLNESS FAIR

Join us at the Field House for health screenings, flu shots, benefits and local vendors, delicious food, music and more.

Mindful Monday October 26th at 12:30 pm – CHAIR YOGA FOR HEALTH

Experience the benefits of yoga from the comfort of your chair with this session focused on improving strength, flexibility and relaxation.

NOVEMBER

NEW: Cardio Conditioning – Tuesdays in November at 12:00 pm

Get a head start on feeling your best this Thanksgiving! Join us for two energizing Tuesdays in to boost your endurance, burn off stress, and build momentum heading into the holiday season. All fitness levels are welcome – come move, sweat and feel strong before the festivities begin!

- **November 10th**
- **November 17th**

Wellness Wednesday, November 18th at 12:00 pm – SHOP & COOK TO PREVENT DIABETES

Get shopping tips for buying healthy foods, tips for healthy eating on a budget, and how to reduce the risk of T2 Diabetes with healthy cooking tips and quick meal staples.

(Month of November falls on third Wednesday of the month.)

Mindful Monday, November 23rd at 12:30 pm – SELF-COMPASSION MEDITATION

Revisit the practice of self-compassion meditation to recharge your mind and body.

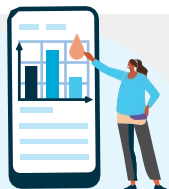
DECEMBER

Wellness Wednesday, December 9th at 12:00 pm – ERGONOMIC ESSENTIALS: WORK MORE COMFORTABLY

Master posture and workstation setup tips to prevent injuries and improve comfort at work.

Mindful Monday, December 28th at 12:30 pm – NATURE VISUALIZATION FOR WINTER WELL-BEING

Immerse yourself in a guided meditation to promote relaxation and mental clarity as the winter season progresses.



Find the full year of Webinars on BlueCare Connect

- Log in to your BlueCare Connect account.
- Look for the Benefits tab and click Events & Webinars.
- Open the Description section and follow prompts to open the 2026 Calendar.