

# Choose Your Path to Wellness

Whether you're trying to be more active, improve your eating habits or boost your mental well-being – you can choose your own path to wellness from a menu of options.

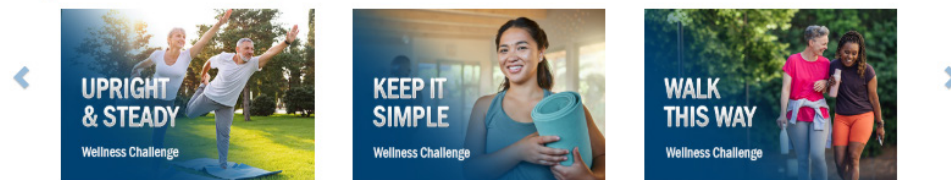
You can earn rebates and win monthly and annual prizes when you participate in our programs.

*To qualify for the annual prize drawing, you must complete your 6 PEHP wellness activities and accompanying survey by December 7, 2026.*

Scan to  
visit website



## Physical Well-Being



## Mental & Emotional Well-Being



## Healthy Eating



# PEHP Wellness Online Classes

## 2026 Upcoming Course Schedules



### **Diabetes and YOU**

*Diabetes Management*

May 11 - June 1

October 26 - November 16



### **Lighten Up**

*Weight Management*

January 5 - February 23

June 22 - August 10



### **Take Charge**

*Prediabetes Education*

March 30 - May 4

September 14 - October 19



### **Move & Strengthen**

*Improve Strength, Endurance, and Mobility*

March 2 - March 23

August 17 - September 7

Scan to visit website

