2027 Be Well Health and Well-being Opportunities



Be Well Vermont invites you to explore opportunities to support your health and well-being through educational programs, challenges, and community events. Everyone is welcome to participate! Find event details and registration information on our website. For additional support anytime, visit the Be Well Vermont Wellness Platform, available 24/7.

MONTH	NEWSLETTER TOPICS	COMMUNITY EVENTS
JANUARY	**Newsletter:** Ease into Well-being ***Habit Studio:*** **Designing Low-Barrier Physical Activity for Real Life** January 12th @ 11am **CHALLENGE:** Everyday Movement: January 25–February 5	Embrace winter by participating in Blue Cross VT's **Snow Days**, free for all Vermonters. Celebrate **American Health Month** in February by getting **CPR certified**.
FEBRUARY	**Newsletter:** Gentle Hearts ***Habit Studio:*** ***H*****abit Stacking for Longevity: Micro-Changes that Yield Macro Health Outcomes** | February 9th @ 11am	
MARCH	**Newsletter:** Eat to Ease Inflammation ***Habit Studio:*** **Nourish Your Nervous System: The Science of Gut Health & Mental Well-being** | March 9th @ 11am	
APRIL	**Newsletter:** Set the Stage for Sleep ***Habit Studio:*** **Sleep Hygiene & Circadian Health** | April 13th @ 11am	Join us for **National Walk @ Lunch Day** on April 15. Help keep Vermont beautiful with **Green Up Vermont** on May 2. Participate in the 44th annual **Vermont Corporate Cup Challenge and State Agency Race**, a 5K team running and walking event. Explore **Mountain Days** with Blue Cross VT. Support **Girls on the Run** by coaching, volunteering, or encouraging a loved one to participate. Enjoy free admission at Vermont State Parks and state-owned historical sites one weekend every June during **Vermont Days**. Participate in **Vermont's Heart Walk** in June.
MAY	**Newsletter:** Physical & Mental Decluttering Webinar with AIPM: **Physical & Mental De-cluttering** | May 13th @ 12pm **CHALLENGE:** 30-Day Reduce Clutter for Well-being: May 1st	
JUNE	**Newsletter:** Making New Connections ***Habit Studio:*** **Shield and Shift: Navigating Negative Energy** | June 8th @ 11am	
JULY	**Newsletter:** Summer Safety Habits ***Habit Studio:*** **Power Meals** | July 13th @ 11am **CHALLENGE:** Produce Power Up | July 12–August 6th	Get out this summer and play in the outdoors with Blue Cross VT's **Kayak Days**, free for all Vermonters. Pick a free peck of apples at a participating local orchard in September with Blue Cross VT's **Apple Days**.
AUGUST	**Newsletter:** The Power of Micro-Habits ***Habit Studio:*** **Fueling Your Nervous System: The Science of Gut Health and Mental Well-being** | August 10th @ 11am	
SEPTEMBER	**Newsletter:** Support Your Knees ***Habit Studio:*** **Ergonomics and Everyday Alignment: Protecting Your Joints at Work and Home** | September 14th @ 11am	
OCTOBER	**Newsletter:** Decoding Your Credit ***Habit Studio:*** **Financial Confidence and Stress Relief** | October 12th @ 11am **FISCALLY FIT BINGO CHALLENGE:** October 11	
NOVEMBER	**Newsletter:** More Self-Compassion ***Habit Studio:*** **Hormones and Harmony** | November 9th @ 11am	
DECEMBER	**Newsletter:** Setting Intentions ***Habit Studio:*** **The Cost of Convenience: Making Healthy Choices the Easy Choice in a Fast-Paced World** | December 14th @ 11am	

Questions? Email **BeWell@bcbsvt.com**

bluecrossvt.org/wellness-events-and-resources

BlueCross BlueShield of Vermont

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