

2025 BetterHealth PROGRAMS



BetterHealth
CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES
Better you.

| INITIATIVE | JAN | FEB | MARCH | APRIL | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
|-----------------------------------|--|------------------------|----------------------------|------------------------------|---|-----------------------|----------------------------------|-----------------------------|-----------------------------------|--|--|------------------------------|
| One-day Events | | | | | Run for the Zoom and Walk with Us too! | Annual Health Academy | | | Annual Leader Well-being Training | Annual Employee Health & Benefits Fair | | |
| Assessment & Screening | Personal Health Check through Wellness at Work | | | | | | | | | | | |
| | Mobile Health Center & Onsite BetterHealth Clinic (City Hall Basement) | | | | | | | | | | | |
| | | | | | Open Enrollment | | | | | | Flu Shot Events | |
| BetterHealth Ambassador | BetterHealth Ambassador Training | | BHA Meeting | | | BHA Meeting | | | BHA Meeting | | BetterHealth Ambassador Application | BHA meeting |
| Emotional | Mindfulness Based Stress Reduction with Michelle DuVal | | | | | | | | | | | |
| | Nurture Your Mental Well-being | | | | | | | | | | Revitalize Through Rest | |
| Financial | | | | Financial Wellness Book Club | | | | | | | | |
| Personal Growth | Wednesday Well-being Webinars | | | | | | | | | | | |
| | Mindful Choices, Conscious Consumption | The Weight of Health | Living Longer, Living Well | Mind Over Money | Food for Thought: Nutrition & Mental Health | Ageless Mobility | Brains in Bloom | Green Thumbs, Healthy Lives | Clean Living, Clear Choices | Strong is the New Flex | Sugar Unwrapped | The Heart of Caring |
| | Healthy & Whole Holiday Challenge | | | | | | | | | | | |
| Physical | Tobacco Cessation (The Great American Smokeout: November 20, 2025) | | | | | | | | | | | |
| | W@W Step Challenge | | Desk to 5K | | | | W@W Step Challenge | | | | W@W Habit | |
| | | | | W@W Step Challenge | | | | | | | | |
| Nutrition | Virtual Cooking Show Demos | | | | | | | | | | | |
| | Sippin' on Soup-erb Comfort | Super Bowl Party Bites | Noodle Nirvana | Sweet Stress Relievers | Egg-cellent Spring Quiche | Fresh & Fruity Feasts | Berry Bliss: Blueberry Creations | Sweet Heat: Shrimp Tacos | Better Breakfast, Better Days | Vibrant Vegetarian Creations | Vibrant Veggies & Power-Packed Flavors | Soothing Sips & Citrus Bliss |
| | Dinner with a Dietitian | H3 | | | Health Coaching (Group) | | | Eating with Purpose | | | | |
| | Health Coaching (1:1) | | | | | | | | | | | |
| | Good Measures & Noom | | | | | | | | | | | |
| Social | | | | Book Club *See Financial | | | Book Club | | | | | |
| Leader Well-being | Supervisor Training | | Supervisor Training | | Supervisor Training | | Supervisor Training | | Supervisor Training | | Supervisor Training | |

Disclaimer: Subject to Change

