

BSWBeWell

Monthly

September 2026

Get ready for flu season

An annual flu vaccine can lower your risk of getting the flu and developing serious complications. It can also help protect the people around you.

You can get a flu shot at a Baylor Scott & White pharmacy or clinic, through your primary care provider or at a local pharmacy. Check your plan benefits and network before your visit.



[Learn more about how vaccines work.](#)

Upcoming wellness webinars

October: [Understanding nutrition labels](#)

Available October 1

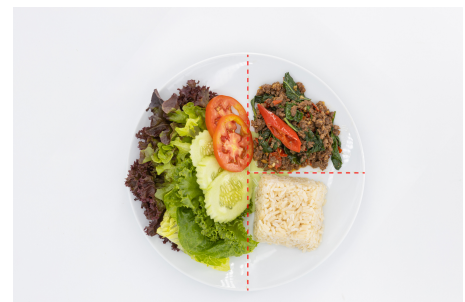
Food labels can be confusing. Learn how to confidently read food labels, understand common health claims and identify key nutrients that support your goals.



November: [Balanced eating](#)

Available November 1

Learn how to build satisfying meals without strict rules or diets. This webinar covers how carbohydrates, protein and fats support your health and energy.



December: [Holiday stress and seasonal depression – Live webinar](#)

December 9, 2026, at 11:00 AM

The holidays can bring stress and changes in mood. Join us to learn ways to care for yourself through the season.



BSW Be Well Coaching



The BSW Be Well™ Coaching program offers members a self-paced, virtual coaching experience. When members have a question about the virtual content, they can reach out to a health coach for help.

You can get coaching to help with nutrition, stress management and quitting smoking.

[Learn more](#)

WebMD

You Still Got It

Every chapter can be better when you care for your well-being.

Think of aging as a journey rather than a switch that flips. The choices you make today can shape how you feel tomorrow. Healthy aging is all about small, consistent habits that support your body and mind.

Tiny acts = big energy

Move your body, even a little Stretch, dance, walk, anything that gets you up and makes you feel good.	Nourish your brain Try a new recipe, learn a word in another language or tackle a puzzle. Keep that mind curious.	Celebrate small wins Every step counts. Did you take a walk? Drink more water? Celebrate it and build on it.
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Feeling good starts with your mindset.

Check out this [article](#) to learn more about healthier aging.

SOURCES
Self: "7 Ways to Protect Your Brain Health as You Age"
Centers for Disease Control and Prevention: "Healthy aging at any age"
Doctor Verified | Melinda Ratini, DO MS | July 2025

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Meal prep made easy

Take the guesswork out of dinner time. These three easy meal prep techniques help cut down cooking time AND keep you on track toward your weight goals.

Small steps add up. Discover more ways to [support your health](#).



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