



BSWBeWell

Monthly

NOVEMBER

Add delicious and healthy food to your gratitude list this year.

Thanksgiving is a time for gathering with friends and family, remembering all the things to be grateful for, and feasting to our heart's content.

But, if you're nervous about all the unhealthy options that tend to surround us this time of year, no need to worry.

[Read more](#)

November is National Diabetes Month.

More than 38 million Americans live with diabetes. National Diabetes Month is a time to learn about the disease and reflect on living and thriving with this chronic illness.

Join us to discover what diabetes is, complications of the disease, treatment options and more.

November 5, 2025
Diabetes Awareness Month

RSVP



Gratitude is good for you

Did you know you can help your physical and mental health just by being [grateful](#)?

Studies have shown practicing gratitude can reduce the rates of depression, improve cardiac function, decrease levels of stress and inflammatory markers, and improve perception of happiness overall.

Not sure how to begin? The [American Heart Association](#) has tips on getting started.



More ways to Be Well

MAKE YOUR MOVE

Can you *dance* like no other? Do you *shoot* a mean game of basketball? Or maybe you can *lift* more than anyone in your gym.

Register and record your minutes at the BSW Be Well Program: my.bswhealth.com/login.

Here's how it works:

- Register by Nov. 12.
- The Challenge runs from Nov. 5 to Dec. 12.
- Record at least 30 minutes of activity each day for 15 of 28 days during the challenge.
- If you have a Fitbit or another fitness device, connect it to **BSW Be Well Program** to automatically upload your activity to the challenge. Otherwise, record your activity minutes on the **BSW Be Well Program**.

Individuals with chronic disease or who have not been active for a while should consult with their doctor about the types and amounts of physical activity are appropriate to participate in.



Walk with a Doc

Learn about a health topic and get your steps in at the monthly Walk with a Doc series.

After a brief talk by a featured physician, participants will walk around an area park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs.

Find a walk



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