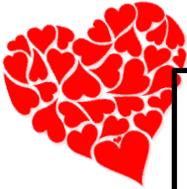


# Working on Wellness

Monthly wellness from  
**WORKWELL** LIVING HEALTHY WORKS.



February is American Heart Month, a time to raise awareness about cardiovascular health, support those affected by heart disease and promote heart-healthy living. It's a great opportunity to engage your employees in activities that go beyond simply wearing red. There are about 10,000 cardiac arrests in the workplace each year in the United States, according to a report from the US Occupational Safety & Health Administration.



Did you know: only 50% of people can locate an automated external defibrillator (AED) at work? With 10,000 cardiac arrests annually in the workplace, knowing this small piece of information has the potential to save thousands of lives. [Learn more about Workforce Training](#)

**— WORKWELL —  
— WEBINAR —  
— SERIES —**

**Tuesday, February 24th at 10am CST**

PRESENTED BY **Avera** Health Plans

**Nikki Reinsbach**  
Health & Wellness Coach  
Avera Health Plans

**LIVENOW AND EMOTIONAL INTELLIGENCE**

WORKWELL WEBINAR SERIES




## 10 Food Trends of 2026

Spotlighting nutrients, health concerns and specific ingredients, 10 trends for 2026 that you'll see everywhere.



## Eat More Avocados

Eating more avocados can have crucial benefits for your cardiovascular system. Avocados are a nutrient-dense, versatile food that support overall wellness, heart health, and type 2 diabetes management, making them an easy, delicious way to add nutrition to both savory and sweet meals. Eating one avocado a week can help lower LDL cholesterol and support HDL cholesterol. Avocados are rich in potassium, which may help regulate blood pressure.

Visit [Love One Today](#) and find out:



- Why you Should Eat More Avocados
- The Health Benefits
- Tips for Preparing your Avocado, Avocado Recipes

## 10 Heart-Healthy Challenges for February

Total Wellness has heart-healthy activities that will bring your team together, spark some smiles, and kickstart a little friendly competition.

