

State of Wisconsin Wellness News

October 2026

Healthy Aging Starts at Every Age

Healthy aging isn't just something to think about in later life. The habits and choices we make throughout our lives can help support health, independence, and well-being as we get older.

While we can't control every aspect of aging, there are things we can do at any age to support our physical, mental, and social well-being. Staying active, eating healthy foods, getting enough sleep, managing stress, maintaining social connections, and keeping up with preventive care can all play a role in helping us feel and function at our best over time.



As we get older, staying active becomes especially important. Movement can help to support strength, balance, mobility, and independence. The general recommendation for U.S. adults is 150 minutes of moderate-intensity aerobic exercise per week, along with 2 or more days of muscle strengthening activity. The good news is you can meet these recommendations through different activities, including walking, gardening, stretching, dancing, swimming, and even carrying groceries! The key is finding activities you enjoy that keep your body moving.

For additional tips and recommendations on healthy aging, the [U.S. Department of Health and Human Services](#) and the [Wisconsin Department of Health Services](#) offer resources on ways to protect your health and stay safe as you grow older.

The biggest takeaway - it's never too early or too late to think about how you can set yourself up to age with grace. Consider the small habits you can build today that will support the life you want to live in the years ahead!

Source: [U.S. Department of Health and Human Services](#)

Well Wisconsin

Knead to Nourish: Baking Bread for Wellness

Looking for a fun way to spend time in the kitchen this fall and winter? Discover the joy of homemade bread while building healthy habits in the kitchen! In this six-week virtual cooking series, you'll learn how to prepare simple, wholesome bread recipes that support a balanced lifestyle. From quick breads and whole-wheat pizza dough to homemade tortillas and globally inspired flatbreads, each session combines hands-on cooking with practical nutrition education. Whether you're an experienced baker or just getting started, you'll leave with delicious recipes, valuable kitchen skills, and inspiration to nourish yourself and your family.



Series Details:

Wednesdays, 12:00-1:00pm

November 4 – December 16, 2026

[Please register online.](#) The series will be held in GoTo Webinar, and recordings will be available.

EAP Corner

EAP Spotlight: Confidentiality

Wondering whether your EAP conversation is confidential? Confidentiality is a key part of our EAP services. Anytime you call the EAP, they will begin by reviewing the confidentiality policy with you and will never disclose your information to anyone without your written consent. Both our EAP partner, Acentra Health, and its affiliates, including EAP counselors, are legally bound by federal, state, and professional codes of conduct to maintain confidentiality. The only exceptions to that would be if there were a court order, an imminent threat to self or others, or in situations of abuse or neglect.

If you have questions about confidentiality or what to expect when you call the EAP, don't hesitate to reach out to the EAP and ask. Understanding how confidentiality works can help you feel comfortable in taking that first step towards support.

[LEARN MORE ABOUT THE EAP](#)

Elevate Wisconsin®: The Course to Financial Security

Spooky Fun Without Scary Costs



Halloween, or any holiday or event for that matter, doesn't have to haunt your wallet! From fun DIYs to creative décor, there are plenty of ways to celebrate without overspending. Elevate Wisconsin has a variety of articles with practical tips for spending less and saving more. [Check out their resources](#) for creative ways to save this holiday season.

Supported by the [Governor's Council on Financial Literacy and Capability](#) and the [Wisconsin Department of Financial Institutions \(DFI\)](#), Elevate Wisconsin® provides trustworthy, unbiased content that does not try to sell products or services. All State of Wisconsin employees and their families can access this free benefit 24 hours a day, seven days a week. If you have questions, please contact the DFI Office of Financial Literacy Director David Mancl at David.Mancl@dfi.wisconsin.gov.

Monthly Mental Health Boost

Take a Mental Health Test

No, this isn't a test that will be graded! Use the [mental health assessments](#) available through Mental Health America as a quick and easy way to understand what mental health symptoms you may be experiencing. They are free, confidential, and backed by science. With assessments covering depression, anxiety, OCD, and more, these tools provide helpful information and resources to support your well-being – no matter where you're starting.

Please note: Online screening tools are meant to be a quick snapshot of your mental health. If your results indicate you may be experiencing symptoms of a mental illness, consider sharing these results with someone. A mental health provider (such as a doctor or therapist) can give you a complete assessment and talk to you about options to feel better.

(Source: [Mental Health America](#))

Save the Date!

State Employee Benefits and Wellness Resource Fair



Explore benefit provider booths, wellness resources, and more at our annual Benefits and Wellness Resource Fairs! These events will also feature an onsite biometric screening and flu clinic for State of Wisconsin Group Health Insurance participants*. The event is open to all state employees and spouses. See the [Benefits and Wellness Resource Fair flyer](#) for more details.

Event Dates:

- October 5: Hill Farms State Office Building, 9am - 2pm
- October 15: Department of Corrections Central Office, 9am – 4pm

*Pre-registration for the biometric screening and flu vaccine clinic is required through the [Well Wisconsin portal](#).

State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar with one of our trusted well-being partners.

Click each title to view course details and to register.

Date	Time	Event	Host
On-going	On-Demand	Well Wisconsin Radio Podcasts	Well Wisconsin
On-going	On-Demand	Well Wisconsin Recorded Webinars	Well Wisconsin
On-going	On-Demand	Group Fitness Classes	Well Wisconsin
On-going	On-Demand	EAP Recorded Webinars	EAP
Every Tue	11:30am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thu	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
October 7	12:00pm – 12:45pm	The Gut Microbiome and Mental Health	Well Wisconsin
October 9	12:00pm – 12:15pm	Lunchtime Boost: Standing Core	Well Wisconsin
October 14	12:30pm – 1:30pm	Handling Financial Stress	EAP
October 14	11:00am – 12:00pm	2026 Well-being Series for Leaders: Conflict Management for Managers	Enterprise Wellness
October 15	11:00am – 12:00pm	Eldercare Financial Planning	EAP
October 28	12:00pm – 1:00pm	Support for Managing Depression	Well Wisconsin
Wednesdays, Nov 4 – Dec 16	12:00pm – 1:00pm	Cooking Class - Knead to Nourish: Bread Baking for Wellness	Well Wisconsin
November 4	12:00pm – 1:00pm	My Retirement: A Financial Health Workshop	EAP
November 11	12:30pm – 1:30pm	Living with Gratitude	EAP
November 13	12:00pm – 12:15pm	Lunchtime Boost: Stability Yoga	Well Wisconsin
November 18	12:00pm – 1:00pm	Fostering Resiliency to Prevent Burnout	Well Wisconsin
November 19	12:00pm-1:00pm	Helping Our Children Achieve Their Dreams	EAP

Stay informed! Receive this newsletter, resources, and learning opportunities directly by joining our mailing list. Email wellness@wisconsin.gov to sign up.

Newsletter produced by the Bureau of Equity and Inclusion for State of WI employees.