

STATE OF WISCONSIN  
**WELLNESS NEWS**

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**March 2025**

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## **Smart Grocery Shopping: Eating Well Without Breaking the Bank**

Eating nutritious meals doesn't have to mean overspending at the grocery store. A little planning and innovative shopping strategies can keep your costs down while fueling your body with healthy foods. Start by making a [meal plan](#) and shopping list before heading to the store—this helps you stay focused and avoid impulse buys. Look for seasonal produce, which is often more affordable and packed with nutrients, and consider frozen or canned fruits and vegetables (with no added sugar or salt) as budget-friendly alternatives.

Stretch your grocery dollars further by buying staple items in bulk, such as whole grains, beans, and nuts, and choosing store brands instead of name brands. Incorporating plant-based proteins like lentils and beans can also save money while supporting a balanced diet. Finally, don't forget to check for weekly sales and coupons to maximize savings. Making mindful choices at the grocery store helps you eat well, stay within budget, and feel good about the meals you prepare!

For additional smart grocery shopping tips, check out the [Real Life, Good Food grocery guide resources](#) available from the University of Minnesota.

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## **Well Wisconsin Events**



**MARCH 2025**

Kickstart your well-being this month with Well Wisconsin's upcoming wellness events! Join a Cooking with Eggs session to explore delicious and nutritious ways to incorporate eggs into your meals, or attend a Heart Healthy Living Workshop to learn practical tips for heart health. Stay active with live fitness classes, and if you haven't already, get started on your Well Wisconsin incentive by scheduling an onsite biometric screening. Visit the [Well Wisconsin Events page](#) for details and registration to make heart health and self-care a part of your month!

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## EAP Corner

### STRESS & BURNOUT

Stress is a normal part of life, but when it becomes chronic, it can harm physical and mental health. Simple, evidence-based strategies such as deep breathing, meditation, and yoga are all effective techniques for managing stress and improving overall well-being. The Employee Assistance Program (EAP) is here to help if you're feeling overwhelmed or need additional support. Reach out to connect with confidential resources, counseling, and guidance to navigate stress and prevent burnout.

[LEARN MORE ABOUT THE EAP](#)



## Tax Planning

Tax season is a great time to review your finances and plan. [ELEVATE Wisconsin](#) offers resources to help you better understand tax deductions, credits, and strategies for future planning. Whether you're preparing your return or looking for ways to improve your tax situation next year, ELEVATE provides tools and guidance to support your financial well-being.

Supported by the Governor's Council on Financial Literacy and Capability, ELEVATE Wisconsin provides trustworthy and unbiased content that does not try to sell products and services. Employees can access the FREE benefit 24 hours a day, seven days a week, and create an account by visiting the [ELEVATE Wisconsin website](#).

## State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar with one of our trusted well-being partners. Click each title for course details and registration.

DATE	TIME	EVENT	HOST
Ongoing	On-Demand	<a href="#">Well Wisconsin Radio Podcasts</a>	Well Wisconsin
Ongoing	On-Demand	<a href="#">Well Wisconsin Recorded Webinars</a>	Well Wisconsin
Ongoing	On-Demand	<a href="#">Group Fitness Classes</a>	Well Wisconsin
Ongoing	On-Demand	<a href="#">EAP Recorded Webinars</a>	EAP
Every Tuesday	11:40am – 12:00pm	<a href="#">Weekly Mindfulness Practice with Dan Tyler</a>	Enterprise Wellness
Every Thursday	11:00am – 11:40am	<a href="#">Weekly Mindfulness Practice with Dan Tyler</a>	Enterprise Wellness
Varies		<a href="#">March Well Wisconsin Events</a>	Well Wisconsin
Wednesdays, March 5 - 26	10:00am – 10:30am	<a href="#">Cooking Class: Cooking with Eggs</a>	Well Wisconsin
Thursdays, March 6 - 27	1:00pm – 2:00pm	<a href="#">Workshop: Heart Healthy Living</a>	Well Wisconsin
March 12	10:00am – 11:00 am	<a href="#">Mindfulness for Stress Relief</a>	Enterprise Wellness
March 12	12:30pm – 1:30pm	<a href="#">How to Cultivate Compassion and Empathy in the Workplace</a>	EAP
March 19	11:00am – 12:00pm	<a href="#">The Importance of the Family Bond</a>	EAP
Varies		<a href="#">April Well Wisconsin Events</a>	Well Wisconsin

April 4	12:30pm – 1:00pm	<a href="#">Stress Management for Managers</a>	EAP
April 9	12:30-pm – 1:30pm	<a href="#">Eating Right on the Run and on a Budget</a>	EAP
April 17	11:00am – 12:00pm	<a href="#">Handling Financial Stress</a>	EAP

## **March Health Observances**

BRAIN INJURY AWARENESS MONTH

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

ENDOMETRIOSIS AWARENESS MONTH

NATIONAL COLORECTAL CANCER AWARENESS MONTH

NATIONAL KIDNEY MONTH

NATIONAL NUTRITION MONTH

SLEEP AWARENESS WEEK: MARCH 9 – 15

NATIONAL LGBTQ HEALTH AWARENESS WEEK: MARCH 17-21

NATIONAL DRUG AND ALCOHOL FACTS WEEK: MARCH 17-23