💚SCA Health & Wellness Club — Weekly Update (Oct 26, 2025)

Hello Members,

Thank you to everyone who joined us for last Friday's *Tails & Trails* walk — it's been inspiring to see such great participation and energy each week!

We'd Love Your Input!

A heartfelt thank-you to everyone who has already completed our **Member Interest Survey** — your feedback is invaluable in helping us plan programs and events that truly reflect your interests.

If you haven't had a chance yet, we'd love to hear from you! Your input will help guide our **2026 programs, speakers, and activities** to make next year even better.

Click here to take the survey

Upcoming Events

Fitness Fair
Wednesday, October 29 | 10:00 AM – 2:00 PM
Anthem Center — Delaware Room
Stop by our table to say hello, pick up club information, and meet members of our leadership team.

Movement, Sleep & Wellness Meeting
Wednesday, November 19 | 1:00 PM – 3:00 PM
Liberty Center
Join us for a session on **Gentle Movement & Sleep.**
We'll also introduce **Dillon Martin, SCA Dietitian**, who will share practical insights on nutrition and daily wellness habits.

Quick Healthy Recipe

Autumn Apple & Walnut Salad

- 2 cups mixed greens
- 1 chopped apple
- ¼ cup walnuts
- 2 tbsp crumbled goat cheese
- 1 tbsp olive oil + 1 tsp balsamic vinegar

Toss ingredients together for a refreshing seasonal salad — perfect for lunch or a light dinner.

Motivational Tip of the Week

> “Progress doesn’t come from doing everything — it comes from doing *something* consistently.”
>
> Take one positive action today, and let it set the tone for your week.