

BSWBeWell

Monthly

Hello
SEPTEMBER

Is there something you would like to improve about yourself?

September is [National Self-Improvement Month](#).

Whether you want to learn something new, make healthy changes or fulfill your dreams, the path to self-improvement can be broken into three steps.

[Read more](#)

#WebinarWednesdays

On the first Wednesday of every month, join us online at 11:00 AM for a wellness webinar.

September 3, 2025

Prostate Cancer Awareness Month

RSVP

October 8, 2025

Breast Cancer Awareness

RSVP

Walk with a Doc

Want to get outside while getting to know a doctor? The monthly Walk with a Doc series is for you.

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 near you](#)

Do you love bread?

Celebrate [#SourdoughSeptember](#) by making your very own sourdough from scratch.

Sourdough—the airy, tangy loaf—is relatively [easy to make](#). All it takes is time, and equal parts flour and water. It is also jam-packed with antioxidants, calcium, potassium, magnesium and more nutrients that could help prevent diseases, lower blood sugar levels and improve digestive health.



You don't have to do it alone.



The **BSW Be Well Coaching** program offers a one-on-one coaching experience tailored to fit your needs and help you achieve your personal best. You can get personalized coaching to help with your nutrition, stress and quitting smoking.

[Learn more](#)



Scott and White Health Plan dba Baylor Scott & White Health Plan offers HMO products and serves as a third-party administrator for self-funded, employer-sponsored plans. Scott & White Care Plans dba Baylor Scott & White Care Plan offers HMO products. Baylor Scott & White Insurance Company offers EPO and PPO products and serves as a third-party administrator for self-funded, employer-sponsored plans. Baylor Scott & White Care Plan and Baylor Scott & White Insurance Company are wholly owned subsidiaries of Scott and White Health Plan. These companies are referred to collectively in this document as Baylor Scott & White Health Plan.

Baylor Scott & White Health Plan, 1206 W Campus Drive, Temple, TX 76502-9916