

# Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

JULY 2025



***"When your life reflects your deepest values, you feel more fulfilled, more centered, and more resilient."***

We're turning inward to reflect on what really matters. July is all about Core Values—the beliefs that ground us, guide us, and give meaning to the way we live and work. As we celebrate freedom and community this Independence Day, let's also celebrate the personal values that shape who we are every day. Whether it's courage, kindness, or integrity, living your values isn't just a wellness goal—it's a way to lead your life with intention.

Theme: Core Values — Living What Matters Most

What does it mean to truly live your values?

This month, we're diving into the quiet power of core values—those guiding principles that shape how we show up in life, at work, and in our relationships. Whether it's choosing kindness, protecting your time with loved ones, or leading with integrity, living your values helps reduce stress, improve clarity, and strengthen your sense of purpose.

In this issue, you'll find:

- Tips to realign your wellness with your values
- Stories from teammates like Greg who are leading by example
- Activities & Events that challenge and celebrate who we are
- A 5-day Values Challenge, coaching sessions, movement classes, and a brand-new cooler spotlight from the GoPivot store!

As we honor both personal and patriotic values this July, we invite you to pause, reflect, and reconnect with what matters most—to you.

*Let your values lead the way.*



# IN THIS NEWSLETTER YOU CAN EXPECT:

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## Pillar: Core Values

Why Clarifying What Matters Can Change Everything

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## Employee Spotlight

A Core Value for Modern Life– Meet Greg Brown and his journey as a husband, son, dog parent, and rebate data manager.

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## Community News

Event Announcements – Upcoming Wellness Events, Power Walks, Group Coaching Sessions, and Tips & Resources

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## Wellness Made for You

Join our Healthy Challenges! Share your wins and celebrate June Birthdays with us.

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## Searchword Game

Find words related to core value, strength, and summer fun—it's wellness for your brain

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## Recipe of the Month

Red, White & Blueberry Quinoa Salad - This salad balances sweet, savory, and tangy flavors while delivering a powerful nutritional punch:

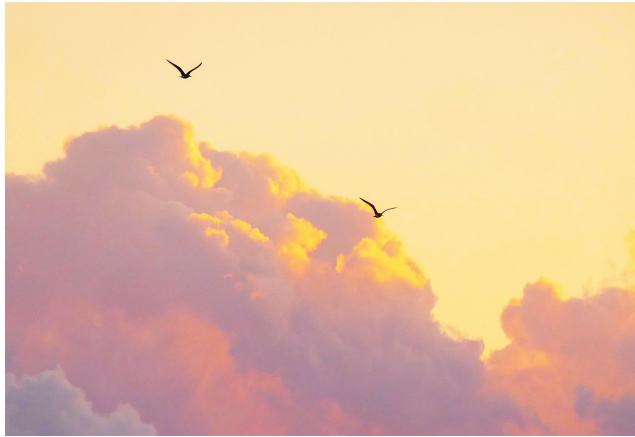
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# The Power of Core Values

## Why Clarifying What Matters Can Change Everything

Imagine waking up each day knowing that your actions reflect what you care about most. That the choices you make—at work, at home, and in your community—are grounded in purpose. That's the quiet power of core values.

Core values are the internal compass that guide your decisions, shape your reactions, and influence how you spend your energy. They're the difference between living on autopilot and living with intention.



### Why Values Matter for Your Well-Being.

When your values are clear, your mind is clear, too. Research shows that people who can name and live by their values experience:

**Less stress** — because decisions become easier when you know your “why.”

**Greater resilience** — because meaning helps you bounce back when things get hard.

**Improved confidence** — because you're not just reacting, you're responding from a grounded place.

**Better relationships** — because authenticity builds trust and connection.

### What Happens When Values Are Misaligned

Ever felt burned out even when everything looks fine? Or found yourself going through the motions, but feeling emotionally drained? That's often a sign of a “values disconnect”. When your day-to-day life doesn't reflect what you believe in, your body and mind feel the weight of that disconnection.

Some common symptoms:

- Feeling like you're constantly compromising who you are
- Chronic frustration or anxiety
- Lack of motivation or energy
- Emotional fatigue or numbness

### How to Get Re-Aligned

Start by reflecting on what truly matters. Ask yourself:

- What qualities do I admire in others?
- When do I feel most fulfilled or proud?
- What am I doing when I feel most “like myself”?



Then, choose 3–5 values that resonate most—like integrity, growth, service, kindness, or courage. Once you name them, notice where they're present (or missing) in your routines, relationships, and decisions.

Tiny shifts—like speaking up more often, setting boundaries, or prioritizing health—can have big impacts.

### Living your values isn't about being perfect.

It's about coming back to what matters—even when life gets messy.

This July, we invite you to slow down and realign. Your values are your power source. When you live by them, you don't just survive—you thrive.

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## Freedom to Disconnect: A Core Value for Modern Life

In today's world, your office can be a beach in the Caribbean, a home office, your niece's softball game, or a busy coffee shop in the city. The line between work and family life has never been blurrier. Technology has unshackled us from the 9–5 cubicle jobs, but it has also made it very hard to “switch off.”

Growing up and witnessing technology advance to where it is now, I saw my parents struggle to find a balance. Now, as a working adult, I find myself going through the same struggles—even though I told myself I'd learn from their mistakes.

Sometimes, it's 100% necessary to work on weekends, vacations, or at night. But it's vitally important not to do that all the time. We have to disconnect, refocus, and spend meaningful time with our families.



This July, as we honor the values that shaped our nation—like liberty, commitment, and unity—let's also recommit to the values that shape our lives at home.

One thing I've implemented to protect my own balance is setting a digital boundary. I use technology to support my work-life balance—not erode it. For example, I use the “Focus” mode on my iPhone during the evening. It silences notifications so I can be present with my family until they go to bed.

You don't have to do it my way, but I encourage everyone reading this to reflect on what boundaries you could create—and find a strategy that works for you.

*Greg Brown*  
Gainesville

Husband, Uncle, Son, Dog Parent, Rebate Data Manager..





### TIPS & RESOURCES:

#### Live Your Core Values

Your core values are more than words—they're your inner compass.

When life gets stressful or overwhelming, coming back to what matters most—like integrity, kindness, courage, or family—can help you make decisions with clarity and peace.

Wellness isn't just about what you do—it's about who you choose to be.

Take a moment this week to ask yourself: Am I living in alignment with what I truly believe?

Living your values isn't always easy—but it's always worth it.



Summer Spotlight: Cool Rewards for Hot Days!

#### **NewAir 80-Quart Electric Cooler**

78,238 GoPivot Points | Ref#: 6455921

Whether you're headed to the beach, the mountains, or your own backyard—this rugged, dual-zone fridge/freezer keeps your food fresh and your adventures fueled.

With 4 battery protection modes, tough wheels, and 80 quarts of storage, it's made for family road trips, weekend getaways, or tailgate champions.

Claim it now in the GoPivot Store and upgrade your summer plans.

Your next adventure just got cooler.

### EVENT ANNOUNCEMENTS



#### **Gainesville**

- Blood Drive

#### **Southfield**

- Blood Drive

#### **All Locations**

- Power Walk Breaks
  - Virtual & In-Person Yoga Classes
- Sign Up [Here](#)

### TEAM COACHING GROUPS



#### **Core Values in Action**

3 powerful sessions. 1 stronger you. Join us for this transformative July series and align your life with what truly matters.

- July 11 – Defining What Matters Most
- July 18 – Living Your Values with Courage
- July 25 – Leading with Integrity & Purpose

#### **Join Us Here:**

[Join the FRI - 1:15 PM Session](#)



## WELLNESS CHALLENGES

**Join the June Challenge:** Live It to Lead It:

A Core Values Challenge

**Duration:** 5 Days | July 22 -26

**Points Available:** Earn up to 275 GoPivot Points

Join us for a 5-day Core Values Challenge where we turn values into action! Each day focuses on one powerful value—Kindness, Honesty, Service, Integrity, and Presence—with a simple prompt to guide your reflection or action at work.

### How it Works:

- Read a short, daily prompt on GoPivot
- Take one meaningful action
- Log your progress to earn 50 points per day
- Complete all 5 days to unlock a Core Values Digital Badge + 25 bonus points!

Let's practice what we stand for—one day at a time.

## HAPPY 4TH OF JULY!

Today, we celebrate the freedom, courage, and unity that define our nation. May this day remind us of the values we hold dear—liberty, community, and the power of coming together.

Wishing you a safe, joyful, and meaningful Independence Day!



## SHARE YOUR WINS!

We want to celebrate YOU! Whether you've achieved a fitness goal, started a new healthy habit, or accomplished something personal, we'd love to hear about it. submit it [Here](#) or Email us at [wellness@procarerx.com](mailto:wellness@procarerx.com) to have your story featured in our next newsletter.



## A FEW NOTES TO REMEMBER

- Participation in wellness activities, including fitness classes, coaching sessions, 5k and wellness walks, helps us continue to grow and improve our offerings.
- You can find the PDF version of the Newsletter for printing at [hbc.procarerx.com](http://hbc.procarerx.com) under resources or [Here](#).

## HAPPY BIRTHDAY

We couldn't be more excited to celebrate our July' birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

# CORE VALUES

## WORDSEARCH

M	R	Y	F	I	N	D	T	X	S	H	N	F	J	S
B	X	T	D	N	E	O	S	E	A	O	Q	A	J	G
L	U	C	B	T	C	E	I	V	O	N	K	C	G	Z
E	E	C	L	E	R	O	W	X	Y	E	B	C	R	F
K	N	M	I	G	K	I	U	G	X	S	D	O	A	C
W	D	O	A	R	W	F	R	R	P	T	V	U	T	O
B	B	G	Q	I	J	L	R	O	A	Y	Q	N	I	M
K	R	V	T	T	J	H	T	W	C	G	S	T	T	P
A	I	R	J	Y	H	C	U	T	Q	P	E	A	U	A
K	L	N	R	H	E	S	F	H	O	X	S	B	D	S
L	M	X	D	P	V	T	A	Y	X	H	N	I	E	S
P	U	Y	S	N	S	E	R	V	I	C	E	L	P	I
V	A	E	B	U	E	P	Y	L	M	U	T	I	F	O
Y	R	H	R	H	R	S	D	D	R	K	I	T	V	N
X	L	T	C	L	N	T	S	X	J	S	Q	Y	I	B

INTEGRITY  
SERVICE  
HONOR  
FREEDOM

UNITY  
RESPECT  
FAMILY  
BALANCE

PURPOSE  
COURAGE  
WELLNESS  
LEADSHIP

COMMITMENT  
TRUST  
CHARACTER



# RED, WHITE & BLUEBERRY QUINOA SALAD

## **Ingredients: ( Serves 4)**

- 1 cup uncooked quinoa (or 2½–3 cups cooked)
- 1 cup fresh blueberries
- 1 cup halved cherry tomatoes or sliced strawberries
- ½ cup crumbled feta cheese
- ¼ cup chopped fresh mint or basil (optional)
- 2 cups baby spinach or arugula (optional, for more greens)
- Salt and pepper to taste

## **Lemon Vinaigrette:**

- ¼ cup olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon honey or maple syrup
- ½ teaspoon Dijon mustard
- Salt and pepper to taste



## **Instructions:**

1. Cook the quinoa according to package instructions. Let it cool completely.
2. In a small bowl, whisk together the vinaigrette ingredients until emulsified.
3. In a large bowl, combine quinoa, blueberries, tomatoes or strawberries, and feta.
4. Drizzle the vinaigrette over the salad and toss gently to combine.
5. Add fresh mint or basil and leafy greens if using. Season with salt and pepper to taste.
6. Chill before serving or enjoy immediately.

## **Why We Love It:**

This salad balances sweet, savory, and tangy flavors while delivering a powerful nutritional punch:

- Quinoa is rich in protein and fiber
- Blueberries provide antioxidants
- Feta adds calcium and flavor
- Lemon vinaigrette ties it all together with a light, refreshing zing

*Thank you for reading!*

