

# MONTHLY NEWSLETTER

JANUARY  
2026

As we step into the new year, let's focus on fresh beginnings, exciting opportunities, and achieving new goals together! Here's to a productive and fulfilling 2026 for everyone.

## Kickstart 2026 with Success

### Set Goals for Growth:

Whether it's personal or professional, start the year by setting achievable and meaningful goals.

### Health and Wellness

#### Focus:

Stay active during the winter season, eat well, and prioritize mental health to keep the energy high.

## Emergency Preparedness

Be sure to review emergency procedures and ensure that safety equipment, such as fire extinguishers, first-aid kits, and emergency exits, are up-to-date.



## Mental Health and Wellness

### **Mental Well-Being:**

The new year can feel overwhelming. Take one step at a time, prioritize self-care, and focus on progress, not perfection.

### **Wellness Tip:**

If you feel unwell, it is encouraged that you stay home to prevent illnesses from spreading to co-workers.

A large, stylized, golden 2026 numbers are arranged vertically on a black background. The numbers are thick and have a shiny, metallic texture. The '2' is positioned at the top, followed by '0', '2', and '6' at the bottom.

**January is a time to lay a strong foundation for the year. Let's embrace new challenges and continue working together toward shared success.**

**Cheers to 2026!**

## Contact Info

**Email: [pbs@pbswc.com](mailto:pbs@pbswc.com)**

**Phone: 970-242-3881**