

May 2025 Calendar of Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>May is Mental Health Awareness Month</p>			<p>1</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Cooking Demo: Meals for Brain Health (Virtual) 11AM • Bootcamp (Virtual) 11AM & 5:30PM • Zumba (Virtual) 12PM • Qi Gong & Meditation (Virtual) 2PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Yoga (Virtual) 10PM • Training: MHFA Intro (Virtual) 	<p>2</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual)
<p>5</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM 	<p>6</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Yoga (Virtual) 10AM & 5:30PM • Meditation Series: Meditation Practice (Virtual) 12PM • Webinar: The Art of Patience (Virtual) 12PM • Webinar: Power of Meditation (Virtual) 12PM 	<p>7</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Feldenkrais (Virtual) 11AM • Yoga – Hatha (Virtual) 12PM & (In Person-City Hall) 12:10PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>8</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Bootcamp (Virtual) 11AM & 5:30PM • Zumba (Virtual) 12PM • Meditation Series: Understanding and Navigating Emotions (Virtual) 3PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Yoga (Virtual) 10PM • Training: MHFA Intro (Virtual) 	<p>9</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual)
<p>12</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>13</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Yoga (Virtual) 10AM & 5:30PM • Webinar: Mindful Nutrition and Sleep Hygiene: Unlocking the link between Diet, Sleep and Brain health (Virtual) 12PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>14</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Training: Stress First Aid 10AM • Feldenkrais (Virtual) 11AM • Yoga – Hatha (Virtual) 12PM & (In Person-City Hall) 12:10PM • Webinar: Developing Grit – Strategies for Success in Work and Life (Virtual) 12PM • Webinar: Meaningful Connections 5:30PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>15</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Bootcamp (Virtual) 11AM & 5:30PM • Zumba (Virtual) 12PM • Webinar: Civility in the Workplace 12PM • Employee Resource Group: Caregivers (Virtual) 1PM • Meditation Series: Pleasant vs. Unpleasant (Virtual) 3PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Yoga (Virtual) 10PM • Training: MHFA Intro (Virtual) 	<p>16</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual)

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<p>19</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>20</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Yoga (Virtual) 10AM & 5:30PM • Webinar: Gratitude: A Skill for Happier Living (Virtual) 12PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>21</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Training: Mental Health First Aid Certification 8:30AM • Webinar – Mindfulness in the Workplace (Virtual) 12PM • Feldenkrais (Virtual) 11AM • Yoga – Hatha (Virtual) 12PM & (In Person-City Hall) 12:10PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>22</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Bootcamp (Virtual) 11AM & 5:30PM • Zumba (Virtual) 12PM • Meditation Series: Acknowledge and Accept (Virtual) 3PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Yoga (Virtual) 10PM • Webinar: Midlife and Women's Health: Embracing Change (Virtual) 12:30PM • Training: MHFA Intro (Virtual) 	<p>23</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual)
<p>26</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>27</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Yoga (Virtual) 10AM & 5:30PM • Training: Mental Health First Aid Certification 1PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>28</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Feldenkrais (Virtual) 11AM • Yoga – Hatha (Virtual) 12PM & (In Person-City Hall) 12:10PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual) 	<p>29</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Training: Stress First Aid 10AM • Meditation Series: Setting Mindful Intentions (Virtual) 3PM • Nightly Energy Healing Sessions (Virtual) 9:05PM • Yoga (Virtual) 10PM • Training: MHFA Intro (Virtual) 	<p>30</p> <ul style="list-style-type: none"> • Challenge: Be Seen in Green • Nightly Energy Healing Sessions (Virtual) 9:05PM • Training: MHFA Intro (Virtual)



**YOUR MENTAL
HEALTH
MATTERS**