

May 2023

















Mental Health Awareness Month

Erase the stigma!



Mental Health Awareness Month

Mental Health Awareness Month is an observance meant to bring awareness to mental health challenges. Mental Health Awareness Month will include offering virtual courses, self-care practices, Yoga, and exercise sessions. These activities aim to remove the stigma associated with mental health issues.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Self-Care Challenge	2 Walking Club 12 Noon 	3 Free EAP resources Home - National EAP Login- AHRC PW- AHRC	4 Walking club 12noon 	5 Breath! Try a 5-minute Breathing exercise or meditation.	6 Call an old Friend.
7 Sunday Yoga W/ Nikki Katz 10 am 	8 Schedule an outdoor meeting 	9 Walking Club 12 Noon 	10 Mental Health Awareness Seminar Registration (gotoweinar.com)	11 Walking Club 12 Noon 	12 Eat at least 5 fruits & veggies today.	13 Write down what you are grateful for.
14  Woman's Day! Sunday Yoga W/ Nikki Katz	15 Eat Lunch Outdoors 	16 Walking Club 12 Noon 	17 Relias Training Avoiding Burnout in the Workplace	18 Walking Club 12 Noon OneStop Pop-Up Plainview	19 Drink 8 glasses of water! OneStop Pop-Up Freeport	20 Unplug from social media
21 Sunday Yoga W/ Nikki Katz 10 am 	22 Schedule your Doctors' Appointments 	23 Walking Club 12 Noon 	24 Mindful Meditation Home – eMindful	25 Walking Club 12 Noon OneStop Pop-Up Plainview	26 Wear Green for Mental health Awareness! OneStop Pop-Up Freeport	27 Exercise for at least 30- minutes
28 Sunday Yoga W/ Nikki Katz 10 am 	29 Memorial Day! 	30 Walking Club 12 Noon 	31 Wellness Wednesday OneStop Pop-Up Brookville			



**The One Stop gift shop will host a POP-UP shop featuring Mental Health Awareness products.

*Sunday Yoga **10 AM**