

MAY 2023



May is Mental Health Awareness Month. **“More Than Enough”**. This year’s message from the National Alliance on Mental Illness is meant affirm the idea that people are inherently worth of life, love, and healing! For more information visit, [2023-MHAM-Field-Guide \(nami.org\)](https://www.nami.org)

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
			Biggest Loser Workout! @ 12:00 p.m. (Community Center)			WALK “National Fitness Day” – get out and go for a walk!
07	08	09	10	11	12	13
			Biggest Loser Workout! @ 12:00 p.m. (Community Center)			
14	15	16	17	18	19	20
			Biggest Loser Workout! @ 12:00 p.m. (Community Center)	“National Bike to Work Day” 		
21	22	23	24	25	26	27
 “World Meditation Day”			Biggest Loser Workout! @ 12:00 p.m. (Community Center)			“National Sunscreen Day” – Remember to always apply sunscreen!
28	29	30	31			
	MEMORIAL DAY 		Biggest Loser Workout! @ 12:00 p.m. (Community Center)			

HEALTHLY WORK TIP:

Eat your lunch away from the computer and take some time for yourself mid-day!

