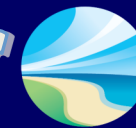









May 2024 Wellness Calendar



CLEARWATER
WELL@WORK

SUN	MON	TUE	WED	THU	FRI	SAT
May is National Physical Fitness and Sports Month!			1. Cigna Fitness Challenge BEGINS!	2. 	3. Schedule an appointment at the Employee Health Center for a Cervical Cancer Screening	4. 
5. Mental Health Awareness Month Tip: Spend time in nature this week	6. City of Clearwater Golf League starts! Clearwater Country Club 5:30pm	7. Children's Mental Health Awareness Day	8. Cigna EAP Beating Burnout for Managers 2pm Login to Register	9. 	10. 	11. National Shrimp Day 
12. Mental Health Awareness Month Tip: Start a night time routine to improve your sleep	13. NWS Extreme Heat Webinar Register Here	14. National Women's Health Week 5/14-5/20 	15. Employee Health and Fitness Day!	16. Talkspace is a digital space for private and convenient mental health support day and night from your device (iOS, Android & Web)	17. Get started with Talkspace at talkspace.com/covered	18. 
19. Mental Health Awareness Month Tip: Find ways to learn and be creative this week.	20. National Rescue Dog Day 	21. Breast Cancer Does Not Discriminate: Knowledge is Power 12pm-12:45pm Join Here 	22. Cigna EAP Minding Your Mental Health 2pm Login to Register	23. Schedule your screenings and receive wellness rewards through Cigna's MotivateMe Program	24.  CASH IN ON WELLNESS <small>Get rewarded for the healthy actions you take.</small>	25.
26. Mental Health Awareness Month Tip: Focus on positivity this week.	27. City of Clearwater Offices Closed 	28. 	29. OnSpot Dermatology will be at Ross Norton Recreation Center, schedule an appointment! www.onspotdermatology.com/clearwater	30. BayCare City of Clearwater Mammogram Appointments Appointments Available	31. BayCare City of Clearwater Mammogram Appointments Appointments Available	

Stop by the health center for mental health resources or make an appointment to speak to one of our providers. **Health Center: 727-298-1788**