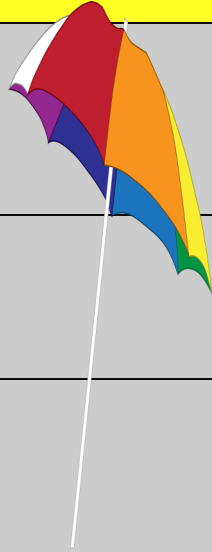






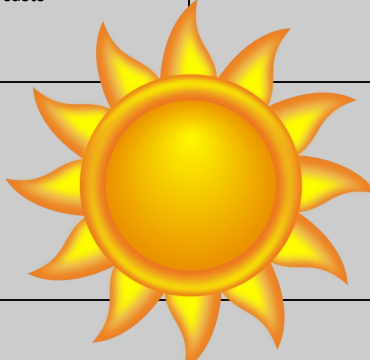
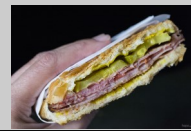



August 2024 Wellness Calendar



CLEARWATER
WELL@WORK

SUN	MON	TUE	WED	THU	FRI	SAT
				1. August is National Wellness month! Take action this month and focus in on your wellness!	2. 	3. Head to Coachman Park today for morning yoga. 8 a.m. on the waterfront Bay Walk Promenade
4. Wellness Tip: Start the month off strong by starting a night time routine to help you wind down in the evenings.	5. 	6.	7. Navigating Back-to-School Challenges 2pm EST www.Cigna.com/EAPWebcasts	8. National Pickleball Day: Celebrate by grabbing a group of friends and hitting the court!	9. 	10. Did you know? The Employee Health Center can be your one stop shop for most of your incentives!
11. Wellness Tip: Practice Gratitude– the quality of being thankful, readiness to show appreciation for and to return kindness	12. National Goopy Butter Cake Day 	13.	14. Cardio Fit at Coachman Park 6:30pm on the waterfront Bay Walk Promenade	15. 	16. The top 3 departments will receive a prize. NOTE: Only those that complete the gatekeepers will receive the reward this year	17 It isn't too early, schedule your screenings today!
18. City of Clearwater Employee Appreciation Bowling event! 1pm-4pm Maple Lanes– Country-side	19. Wellness Tip: Take a break from social media for the rest of the month, or even the rest of the summer!	20. BayCare Presents: The Importance of Routine Well-Child Check: A Parent's Guide 12pm-12:45pm 	21. Everyday Mindfulness 2pm EST www.Cigna.com/EAPWebcasts	22. 	23. National Cuban Sandwich Day 	24. Consider heading out to Coachman Park Monday evening for Sunset Yoga 6:30pm The Green of Coachman Park
25. Wellness Tip: Spend 1 week focusing on eating more fruits and vegetables. Focusing on how you feel different throughout the day	26. Want to learn more about fitness in Coachman Park? https://downtownclearwater.com/fitness-in-coachman-park/	27. International Lottery Day Feeling lucky? 	28.		30. Talkspace is a digital space for private and convenient mental health support day and night from your device (iOS, Android & Web)	31. Get started with Talkspace at talkspace.com/covered

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