


# MAY 2021



May is Mental Health Awareness Month. **“You are not alone”**. This year’s message from the National Alliance on Mental Illness is meant to focus on prioritizing mental health and to acknowledge that it is okay to not be okay. For more information visit <https://www.nami.org/home>

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 **National Fitness day** –  
get out and go  
for a walk!

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**“Emotional Well-Being”**  
webinar –  
4pm

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**National Sunscreen Day**  
– Remember to  
always apply  
sunscreen!

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**MEMORIAL DAY**

## Health tip of the month:

Work on setting boundaries at work and at home. Limit your exposure to toxic people and things, if possible.

