












# May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Wear <b>GREEN</b> for mental health awareness! 	2 Wear <b>BLACK</b> for Melanoma Monday! 	3 <a href="#">Don't forget to join the Aetna walking challenge!</a>	4 <a href="#">Nurture Your Mental and Emotional Health</a>	5 <a href="#">Try one of these Cinco De Mayo Mocktails!</a> 	6 <a href="#">5 Summer Tips for Healthy Teeth</a>	7 National Fitness Day! Move your body! 
8 What values are important to you? Find ways to use them today.	9 Focus on what you CAN do rather than what you can't do.	10 Do something kind for someone you really care about.	11 <a href="#">Relax for a Better Smile</a> 	12 Get outside and notice the beauty in nature.	13 Recall 3 things you've done that you are proud of.	14 <a href="#">Looking for amusement park tickets, take a look at Working Advantage!</a>
15 Share how you are really doing today.	16 Reflect on what makes you feel valued and purposeful.	17 <b>Serving Up Knowledge - Mental Health Webinar @ 1p</b>	18 Ask someone what matters most to them and why.	19 <b>Serving Up Knowledge - Mental Health Webinar @ 9am</b>	20 Bike to work day! 	21 Turn to someone for support.
22 Write 6 nice things you can do for yourself!	23 Look for people doing good and reasons to be cheerful.	24 Make choices that have a positive impact on others.	25 <a href="#">Take Care of Your Eyes</a> 	26 Be grateful for the little things, even in difficult times.	27 Wear <b>GRAY</b> for brain cancer awareness! 	28 Spend time with family and friends! 
29 <a href="#">Recipe Corner - Star Spangled Fruit Kebabs</a>	30 Wear <b>ORANGE</b> for multiple sclerosis awareness! 	31 National Smile Day! 	1	2	3	4
5	6	Notes <b>Be on the lookout for open enrollment information coming mid-May! Open enrollment begins in June!</b>				