



# MAY 2026



## Mental Health Awareness Month Events

### MONDAYS

### Mindfulness Mondays

May 4, 11, 18

Explore gentle breath and mindfulness practices that support mental health.

8-9AM

1st floor Art room



### TUESDAYS

### Stress Reduction Yoga

YEAR ROUND

Relax in a chair yoga class led by a certified yoga teacher. Beginners welcome!

1-2PM

3rd floor Group rooms or Zoom



### WEDNESDAYS

### Art Group

YEAR ROUND

Express yourself creatively through art! Supplies provided.

2-3:15PM

1st floor Art room



### FRIDAY, MAY 15

### Join us for Coffee & Community!

Grab breakfast and learn about our behavioral and mental health services.

Breakfast sponsored by  Wellpoint.

8:30-10AM

1st floor Lobby

