



# WELLNESS CALENDAR | MAY 2024



S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

## MAY HEALTH OBSERVANCES

## MAY EVENTS & ACTIVITIES

All webinar times are 12 PM unless otherwise stated.

**National Stroke Awareness Month** highlights the importance of recognizing the symptoms of a stroke, including loss of balance, dizziness, vision changes, and slurred speech, to ensure that you or a loved one gets immediate care – reducing the likelihood of paralysis, memory loss, speech impairment, or death. High blood pressure is the most significant single risk factor for stroke, as it damages arteries throughout the body, creating conditions in which arteries can burst or clog more easily. Learn steps you can take to manage your blood pressure and reduce your risk of stroke [here](#). Attend the [Dietary Plans to Stop Hypertension](#) webinar on Thursday, May 9, 2024, to learn how to use diet to control hypertension.

**May is National Allergy and Asthma Awareness Month**, the peak season for chronic asthma and seasonal allergy sufferers, and a necessary time to recognize and manage these conditions. Allergies are a common trigger for asthma symptoms, including shortness of breath, chest tightness, wheezing, and coughing. Register to attend the [From Ah-Choo to Bless You: Understanding Allergies & Asthma](#) webinar on May 14, 2024, to learn more about the signs, symptoms, and treatments for allergies and asthma.

**National Mental Health Awareness Month.** Good mental health is a critical part of your overall well-being. Poor mental health is tied to social isolation, high blood pressure, heart disease, a weakened immune system, and heavy financial burdens. Check out Mental Health of America's [Tools 2 Thrive](#) for practical tools to improve mental health and resiliency. Access information about free counseling services through the County, including the Employee Assistance Program (EAP), Life Assistance Program (LAP), and the Department of Mental Health's (DMH) Help Line [here](#).



[The Psychology Behind Saving Money](#)



[Dietary plans to stop Hypertension](#)



[From Ah-Choo to Bless You: Understanding Allergies & Asthma](#)



[Student Loan Debt: Setbacks and Strategies](#)



[Wake-Up Cardio and Stretch](#)



[Strategies for 10,000 Steps a Day](#)



[Refresh, Renew, Repair Chair Yoga](#)



All wellness webinars from **April 1 to September 30** qualify for the 2024 Countywide Wellness Challenge - Virtual Edition rewards. For more information, [click here](#).



For all Workplace and Community Programs employee offerings [click here](#).