

BUILD EMOTIONAL WELLNESS AND THRIVE

May is
Mental Health
Awareness
Month

Make it
Part of the
Conversation
Help Stamp Out
the Stigma

Please join us to recharge and destress

WEDNESDAY, MAY 17TH 2023

STEPHEN P. CLARK CENTER

18TH FLOOR - 10 AM - 2 PM

Stop by the **Emotional Wellness table** to learn more about the support available for county employees and their families.

Celebrate and learn how we thrive here at the County at the **IThrive table**.

Support your mind/body connection with **WellnessWorks**.

Here's what we have planned...

Yoga
Mindful Meditation
Aromatherapy
Massage
Virtual Expert
Panel Discussion
Community Partners
and more

For more information click or visit <https://miamidade.gov/support-services>

Presented by the Human Resources Department's Benefits and Employee Support Services Division



I THRIVE @
MIAMI-DADE COUNTY



To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Myra.Marlow@miamidade.gov five days in advance to initiate your request. TTY users may also use the Florida Relay Service by calling 711.