

# May

## Mental Health Awareness Month

CARE for your Mind

**Jackson**  
HEALTH SYSTEM

*Miracles made daily.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join us at 8 a.m. Saturday, <b>May 10</b>, at Miami's <u>LoanDepot Park</u> to raise awareness about Mental Health. To register for Jackson's NAMIWalks team, click <a href="#">here</a>.</p> 			<p><b>01</b> <b>Virtual Meditation</b> @ <a href="#">8 a.m. &amp; 4 p.m.</a> <b>1:1 Therapy</b> at Behavioral Health Hospital from 8 a.m. to 5 p.m. Zen Den <b>1:1 Therapy</b> at Jackson Community Mental Health Center from 8 a.m. to 5 p.m.</p>	<p><b>02</b> <b>Femmar</b> Lunch &amp; Learn in DTC 259 at Noon <b>1:1 Therapy</b> at Jackson North from 8 a.m. to 5 p.m. in the physician conference room</p>
			<p><b>08</b> <b>Virtual Meditation</b> at <a href="#">8 a.m. &amp; 4 p.m.</a> <b>Tava Health Webinar</b> at 1 p.m. <a href="#">Boost Mental Well-being</a></p>	<p><b>09</b> <b>Aromatherapy</b> for Jackson Community Mental Health Center from Noon to 2 p.m.</p>
<p><b>12</b> <b>Tava Health</b>, onsite Pop Up 8 a.m. to Noon in the Jackson West Cafeteria <b>Tava Health</b>, onsite Pop Up 2 p.m. to 6 p.m. in the Jackson North Cafeteria</p>	<p><b>13</b> <b>Tava Health</b>, onsite Pop Up 7 a.m. to Noon in Behavioral Health Hospital <b>Tava Health</b>, onsite Pop Up 2 p.m. to 6 p.m. Jackson South Cafeteria</p>	<p><b>14</b> <b>Tava Health</b>, onsite Pop Up 7 a.m. to Noon in the Jackson Memorial Hospital Cafeteria</p>	<p><b>15</b> <b>Headspace</b> LIVE Workshop: <a href="#">Navigating Burn out with Self Care</a> @ Noon &amp; 8 p.m. <b>Virtual Meditation</b> @ <a href="#">8 a.m. &amp; 4 p.m.</a></p>	<p><b>16</b></p>
<p><b>19</b> <b>Puppy Therapy</b> at Jackson South 11 a.m. to 2 p.m. Cafeteria Courtyard <b>1:1 Therapy</b> at Jackson Memorial Hospital DTC 259 from 8 a.m. to 5 p.m.</p>	<p><b>20</b> <b>Puppy Therapy</b> at Jackson North from 11 a.m. to 2 p.m. Auditorium <b>Meditation with Sound Bath</b> at Jackson Community Mental Health Center 3 and 3:30 p.m.</p>	<p><b>21</b> <b>Puppy Therapy</b> at Jackson Memorial Hospital DTC 270 from 11 a.m. to 2 p.m. <b>Headspace</b> celebrates <a href="#">Global Meditation Day</a> at Noon</p>	<p><b>22</b> <b>Virtual Meditation</b> at <a href="#">8 a.m. &amp; 4 p.m.</a> <b>Puppy Therapy</b> at Behavioral Health Hospital 11 a.m. to 2 p.m. Gym</p>	<p><b>23</b> <b>Puppy Therapy</b> in the Jackson West fourth floor Patio 11 a.m. to 2 p.m.</p>
	<p><b>27</b> <b>1:1 Therapy</b> at Jackson South from 8 a.m. to 5 p.m. Conference Room 1 <b>Aromatherapy</b> for Zen Dens (Jackson West at 1 p.m.)</p>	<p><b>28</b> <b>1:1 Therapy</b> at Jackson West fifth floor multipurpose room from 8 a.m. to 5 p.m. <b>Aromatherapy</b> for Zen Dens (Jackson North at 1pm)</p>	<p><b>29</b> <b>Virtual Meditation</b> at <a href="#">8 a.m. &amp; 4 p.m.</a> <b>Aromatherapy</b> for Zen Dens HR Connect: 9 a.m. Holtz Children's: 10:30 a.m. Rehab: 11:30 a.m. Behavioral Health Hospital: 12:45 p.m.</p>	