



# MAY

CLICK ON THE EMBEDDED LINKS TO GET STARTED!

VIRTUAL ACTIVITIES FROM THE CONVENIENCE OF YOUR HOME OR OFFICE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>FULL BODY FLOW</u> (20 MIN)	2 <u>SOUND HEALING</u> (20 MIN)	3 <b>WEEKEND WELLNESS:</b> START SPRING CLEANING
6 <b>MEATLESS MONDAY</b> MEAL PREP	7 <u>INTRO TO YIN YOGA</u> (25 MIN)	8 <u>HEALTH EDUCATION SERIES: MANAGING DIABETES</u>	9 <b>CHECK OUT THE CRAFT CORNER</b>	10 <b>WEEKEND WELLNESS:</b> HAVE AN PARK PICNIC
13 <u>CARDIO (30 MIN)</u>	14 <u>HEALTH EDUCATION SERIES: MANAGING DIABETES</u>	15 <u>YOGA FOR SCIATICA</u> (30 MIN)	16 <u>FULL BODY HITT</u> (50 MIN)	17 <b>WEEKEND WELLNESS:</b> SMILE AT A STRANGER
20 <b>WELLNESS CREDIT PROGRAM</b>	21 <u>HEALTH EDUCATION SERIES: MANAGING DIABETES</u>	22 <u>PILATES &amp; CORE</u> (25 MIN)	23 <u>ARM WORKOUT WITH DUMBBELLS</u> (20 MINS)	24 <b>WEEKEND WELLNESS:</b> WATCH THE SUNSET
27 	28 <u>FULL BODY MOBILITY</u> (15 MIN)	<p>TO REGISTER FOR IN PERSON ACTIVITIES OR TO VIEW THE LUNCH &amp; LEARN LIBRARY VISIT: <a href="http://COUNTYWELLNESSCENTER.WEBLY.COM">COUNTYWELLNESSCENTER.WEBLY.COM</a></p>		

## HIGHLIGHTS

### WELLNESS CREDIT

- PROGRAM OPENS MAY 20TH
- DEADLINE TO COMPLETE IS AUGUST 16TH
- LOG INTO YOUR [PATHWAY TO WELLNESS PORTAL](#) TO LEARN MORE

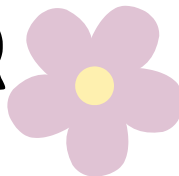
### MENTAL HEALTH SUPPORT

- YOUR PATHWAY TO WELLNESS IS DESIGNED TO SUPPORT YOU IN ALL AVENUES OF WELLNESS
- [CLICK HERE](#) FOR TOOLS AND RESOURCES

### EAP: EMPLOYEE ASSISTANCE PROGRAM

- FIND SUPPORT YOU NEED
- GET STARTED AT: [RESOURCESFORLIVING.COM](http://RESOURCESFORLIVING.COM)
- CALL: 1-800-221-0945 OR TTY: 711  
**USERNAME: ORANGE COUNTY CA**  
**PASSWORD: EAP**

## CRAFT CORNER



### PICTURE FRAME

CREATE A PERFECT GIFT FOR CHERISHED MEMORIES WITH AN EASY DIY GIFT. CLICK THE LINK BELOW TO LEARN HOW TO DECORATE PICTURE FRAMES WITH OVEN FIRED GLASS STONES.

[CLICK HERE FOR THE FULL INSTRUCTIONS](#)



## MINDFUL MEAL

### TERIYAKI TOFU SALAD

EATING LESS MEAT AND MORE PLANT-BASED FOODS WILL HELP YOU MAINTAIN A HEALTHY GUT, INCREASE YOUR FIBER AND ADD A VARIETY OF VITAMINS AND MINERALS TO YOUR DIET!

[CLICK HERE FOR THE FULL RECIPE](#)

