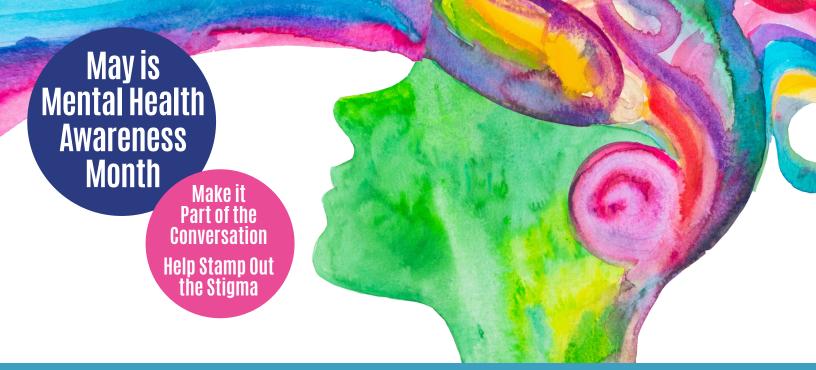
BUILD EMOTIONAL WELLNESS AND THRIVE



Please join us to recharge and destress

TUESDAY, MAY 14th 2024 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 <u>https://miamidade.gov/support-services</u>

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











To request materials in an accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or takia.burnett@miamidade. gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).