

# 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

TUESDAY, MAY 14<sup>TH</sup> 2024

STEPHEN P. CLARK CENTER

18<sup>TH</sup> 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



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](mailto:takia.burnett@miamidade.gov) five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).