

BUILD EMOTIONAL WELLNESS AND THRIVE

Please Join
Us to Recharge
and Destress

May is Mental Health
Awareness Month
Make it Part of the Conversation
Help Stamp Out the Stigma

WEDNESDAY, MAY 7TH 2025

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 People and Internal Operations Department



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).