

BUILD EMOTIONAL WELLNESS AND THRIVE

**Recharge,
De-stress and
Reconnect**

**May is Mental Health
Awareness Month**

**Make it Part of the Conversation
Help Stamp Out the Stigma**

Please join us:

TUESDAY, MAY 12TH 2026

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**.

For more information click or visit miamidade.gov/support-services

Here's what we have planned...

Yoga

Mindful Meditation

Aromatherapy

Massage

Support Services

Community Partners

and more

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).