

CELEBRATE MENTAL HEALTH!

# ACTIVITY WEEK

BE KIND TO YOUR MIND

JOIN US MAY 13-17 AS WE CELEBRATE MENTAL HEALTH, OFFER RESOURCES, AND ENCOURAGE EVERYONE TO BE KIND TO THEIR MIND!

## EASTERSEALS MORC'S MENTAL HEALTH ACTIVITY WEEK

### MONDAY MAY 13: RESTORING HOPE FOR BRIGHTER DAYS WEBINAR

Join **Kevin Fischer** (Executive Director, [NAMI Michigan](#)), **Eric Hipple** (Blue Cross Blue Shield of Michigan's Mental Health and Fitness Spokesperson and Former NFL Quarterback), **Kris Miller** (Founder, [On a Dragonfly's Wings](#)), and **Dr. Jeffrey Guina** (Chief Medical Officer, Easterseals MORC) as they discuss their experiences with personal and family mental health challenges and encourage attendees to help become part of the solution. We hope this webinar will increase awareness, continue to bust the stigma surrounding mental health, and offer hope for individuals who are struggling. There will also be a brief question and answer portion. This FREE webinar will take place from 12 noon - 1:00 pm. Register today at: <https://bit.ly/Restoring-Hope-Webinar>.

### TUESDAY MAY 14: TIGER TUESDAY

Easterseals MORC is the Non-Profit Organization of the Night at the Detroit Tigers Game! Join us at Comerica Park and bring the whole family! First pitch is scheduled for 6:40 PM. Learn more and get tickets for the game at: <https://www.mlb.com/tigers>.

### WEDNESDAY MAY 15: WELL-BEING WEDNESDAY - LEARN HOW TO AVOID THE "BEAR REACTION"

Join Easterseals MORC and Blue Cross Blue Shield of Michigan Virtual Well-Being<sup>SM</sup> co-hosts, Cindy and Marissa, for a lively discussion on how to identify your triggers and train your mind to NOT have a "bear in the woods" reaction when faced with conflict and stress. This free webinar is from 12:30 - 1:00 p.m. Register today at: <https://bit.ly/Well-Being-Wed-Webinar2024>.

### THURSDAY MAY 16: EMPOWERED LUNCHEON & MTV MENTAL HEALTH ACTION DAY

Please join us on May 16th at the beautiful Cambria Hotel Detroit Downtown and take a **Mental Health Day**! From 11:00 AM - 2:00 PM, guests will have the opportunity to explore the three levels of the venue offering relaxation, networking, and play! Visit our sponsor greens with giveaways, participate in our wonderful silent auction, and enjoy a delicious strolling lunch. Head to the Wellness Rooftop to find a ZEN-like atmosphere, or head downstairs (*VIP tickets only*) to play the new Five Iron Golf simulators, duck pin bowling, and more! To learn more and get your tickets today, visit: <https://bit.ly/Empowered-Luncheon-2024>.

**MTV Mental Health Action Day** - Today, we encourage you, your loved ones, and your community to take action for your mental health by dedicating one hour of your day to "**CONNECTION**." To learn more, visit: <https://www.mentalhealthaction.network/>.

### FRIDAY MAY 17: FITNESS FRIDAY

Being active has been shown to positively impact mental well-being, often helping to relieve physical and emotional symptoms caused by stress and other challenges. Today we encourage you to exercise for both your physical and mental health! Go for a run - or walk, invite others or take the family dog! Try a new work-out or stretching class! Gather friends to try your hand at pickleball or tennis or another group activity ... There are so many ways to get your body moving to release those natural endorphins! For more suggestions we invite you to visit us at [www.EastersealsMORC.org](http://www.EastersealsMORC.org).

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