



Mental Health BEGINS WITH *Me*

**MAY 15-19: A WEEK OF
MENTAL HEALTH ACTIVITIES** →

Monday, May 15

MINDFUL MOMENT MONDAY: REFLECTIVE WRITING

Join Easterseals MORC and the Blue Cross Blue Shield of Michigan's Virtual Well-Being host, Catherine Passmore for a Reflective Writing session from 12:30-1:00pm. Add it to your calendar by saving this link: <https://bit.ly/MindfulMomentMonday> or to call in (audio only): +1 313 314 1414, 638255376#

Tuesday, May 16

TIGER TUESDAY

Easterseals MORC is the Non-Profit 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.

Wednesday, May 17

WELL-BEING WEDNESDAY: SNEAKY WAYS TO EXERCISE

Join Easterseals MORC and the Blue Cross Blue Shield of Michigan's Virtual Well-Being co-hosts, Cindy and Marissa to learn some sneaky ways you can incorporate exercise into your daily routine. This session will be from 12:30-1:00pm. Add it to your calendar by saving this link: <https://bit.ly/WellBeingWednesday> or to call in (audio only): +1 313 314 1414, 502624197#

Thursday, May 18

TAKE-A-BREAK THURSDAY

Today, we encourage you, your loved ones, and your community to take action for your mental health by taking a break for a designated amount of time today.

Special thanks to Blue Cross Blue Shield of Michigan, Blue Care Network and Blue Cross Complete for your support of our Mental Health Awareness Month activities.

Friday, May 19

FEEL GOOD FRIDAY

Do something that makes you smile and allows you to fill your cup today! Whether it's a "treat yourself" type of day, a team bonding event, or participating in sticky note affirmations, simple games, and snacks, do something today that makes you (and your loved ones) smile!

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