

# MAY WELLNESS OPPORTUNITIES: MENTAL HEALTH AWARENESS

# 2022



**May 10**  
**Fitness Connect  
Community: Fitness &  
Mental Health**  
10-10:15 a.m. CT  
[Pre-registration Link](#)



**May 11, 18, & 25**  
**Yoga for Mental  
Health**  
**a 3 Part Series**  
9-9:30 a.m. CT  
[Zoom Link to Join](#)



**May 11**  
**The Healing Power of  
Breath Webinar with  
Lacy Wolff**  
10-10:45 a.m. CT  
[Pre-registration Link](#)



**May 18**  
**The Power of Vulnerability  
Webinar with Kristen Huff, J.D  
& Erica Grigg J.D.**  
10-11:00 a.m. CT  
[Pre-registration Link](#)



**May 19**  
**The Social Network that  
Matters Most: Your Brain  
with Mark D'Esposito, MD**  
7-8:15 p.m. CT  
[Pre-registration Link](#)



**May 25**  
**Psychological Safety in the  
Workplace Webinar  
with LTC David Yebra**  
10-11 a.m. CT  
[Pre-registration Link](#)