

Enjoy Wellness Week this June



Week	Monday	Tuesday	Wednesday	Thursday	Friday
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Join us for **Wellness Week** (click "Challenges") June 10-14.

Goal: Add a few minutes of self-care to your day. Each day has a theme and a related activity.

Submit your participation by June 18 for a chance to win a Working for a Healthier Tennessee baseball cap:

https://stateofennessee.formstack.com/forms/wfhtn_wellness_week_2024

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June 3-7

What's your real age? Take **Sharecare's RealAge® Test** to find out.

Join us for a **Dance Break** from 12-12:15 p.m. CT (Calendar invite)

Take a **Fitness Break** with DHS from 11-11:10 a.m. CT (Calendar invite)

Celebrate National Fruits & Vegetables Month! Complete and submit this **Eat Your Veggies Word Scramble** by June 28 for a chance to win a prize!

Download this reminder to submit your **Wellness Week** participation by June 18!

Wellness Week!
June 10-14

Mental Health Monday

Grati-Tuesday

Wellness Wednesday
Channel your inner Jedi with **Mindfulness with Nat** from 11:30 a.m. – 12 p.m. CT (Calendar invite)

Thirsty Thursday

Financial Friday

June 17-21

Join **Stretch & Destress** from 12-12:15 p.m. (Calendar invite)

Treat yourself to a homemade **raspberry lemonade slushie!**

Juneteenth
State Holiday

Join a **Mindfulness Break** with TDH from 11:15-11:30 a.m. CT (Calendar invite)

Access Optum Health's **Emotional Wellbeing Solutions**, or call 855-Here4TN (855-437-3486).

June 24-28

Check out this **Men's Health Month handout.**

Join us for **June Wellness Trivia!** from 12 – 12:30 p.m. (Calendar invite)

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 @WorkingForAHealthierTN

Take a **Fitness Break** with DCS from 10-10:15 a.m. CT (Calendar invite)

What's cooking? How about **sheet-pan chicken fajita bowls** for dinner?