



WELLNESS CALENDAR | MAY 2025



S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

All webinar times are 12 PM unless otherwise stated.

HEALTH OBSERVANCES

National High Blood Pressure Education Month

High blood pressure often has no symptoms, yet it can lead to serious health issues like heart disease and stroke. This month emphasizes the importance of regular blood pressure screenings and lifestyle changes to maintain healthy blood pressure levels.

Resources:

[Prevention tips & how to manage high blood pressure](#)

Take control of your blood pressure - [American Heart Association](#)

Educate yourself about [hypertension, symptoms, and when to see a doctor](#)

National Asthma and Allergy Awareness Month

National Asthma and Allergy Awareness Month highlights the challenges faced by those living with asthma and allergies and ways to manage these conditions. Learn about symptom management, environmental triggers, and common treatments.

Resources:

Explore information and resources - [Asthma and Allergy Foundation of America \(AAFA\)](#)

Familiarize yourself with [common asthma triggers](#)

Learn to recognize [symptoms of allergic asthma](#)

National Employee Health and Fitness Month

This month encourages employees to prioritize wellness at work and home. Engaging in activities such as walking, stretching, and eating nutritious meals can improve energy, focus, and overall good health. Get moving and make wellness a daily habit!

Resources:

Explore Employee Wellness Programming and resources - [Workforce Wellbeing Programs](#) Division

Participate in the [Health & Wellness Incentive Program](#)

Attend [Ready, Set, Goal: Creating Healthy Habits](#) on May 29th to take the first step toward adopting healthy habits that stick.

EVENTS & ACTIVITIES



[Women's Health: Maintaining your Health at any Age](#)



[Blood Pressure, Salt, and the Sad Story About Sodium](#)



[Eat Well, Live Well: Eating Well](#)



[Habits for a Healthy Weight and a Healthy Body](#)



[Budget Today for Less Stress Tomorrow](#)



[Wake-Up Cardio and Stretch](#)



[Ready, Set Goal: Creating Healthy Habits](#)

