



**May is Mental  
Health Awareness  
Month**

# MAY 2024

## GET UP... GET OUT... GET ACTIVE!



SUN	MON	TUE	WED	THU	FRI	SAT
28 Share this calendar on social media with the hashtag #RecTheStigma	29 Tell a friend about the challenge	30 Make a plan	1 <u>Watch the sunset at Englewood Beach</u>	2 <u>Meet a friend for coffee or tea at a park</u>	3 <u>Visit the Meditation Station at Bill Coy Preserve</u> Wear green	4 <u>Start a new book</u>
5 <u>Hike at an environmental park or preserve</u>	6 Walk on your lunch break	7 <u>Sign up for a fitness class at a recreation center</u>	8 Complete 20 minutes of outdoor cardio	9 <u>Visit a recreation center</u>	10 <u>Take your dog to a dog park</u> Wear green	11 <u>Plan a kayak or canoe adventure</u>
12 <u>Go fishing</u>	13 Do a random act of kindness	14 <u>Go swimming at a county pool</u>	15 Eat a healthy snack or meal	16 Have a walking work meeting	17 Call a friend Wear green	18 Visit one of our disc golf courses
19 Start a journal	20 <u>Register for a class at a recreation center</u>	21 <u>Attend Water Aerobics</u>	22 <u>Cycle on Cape Haze Pioneer Trail</u>	23 Keep doing your best!	24 <u>Have a picnic by the water</u> Wear green	25 <u>Check out a "Birding Backpack" from the library</u>
26 <u>Meditate in a park</u>	27 Go for a walk	28 Photograph nature	29 <u>Visit a recreation fitness center</u>	30 <u>Complete 30 minutes of outdoor cardio</u>	31 Take time for you!	