










# Level Up in May



Week	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>May 1-3</b></p>	<p><b>Join Sharecare's Level Up Steps Challenge from May 1-31.</b>            To participate:</p> <ul style="list-style-type: none"> <li>Log in to your Sharecare account or register at <a href="http://stateoftn.sharecare.com">stateoftn.sharecare.com</a>.</li> <li>Find <b>Challenges</b> under the <b>Achieve</b> icon.</li> <li>Look for the <b>Level Up Steps Challenge</b> and click <b>Join</b>.</li> <li>Track your steps at least 21 days from May 1 to May 31.</li> </ul>		<p>Take a <b>Fitness Break</b> with DHS from 11-11:10 a.m. CT            (Calendar invite)</p>	<p>Are you familiar with the <b>Partners for Health wellness program?</b>  <u>Learn if you're eligible to earn an incentive.</u></p>	<p>"You are never too old to set another goal or to dream a new dream."            - C.S. Lewis</p>
<p><b>May 6-10</b></p>	 <p>Get tips to help manage arthritis during <b>Arthritis Awareness Month.</b></p>	<p>Join us for a <b>Dance Break</b> from 12-12:15 p.m. CT            (Calendar invite)</p> 	<p>One in five U.S. adults experience mental illness each year. Get the support you need during <b>Mental Health Month.</b></p>	<p>Learn about free wellness resources at the <b>Virtual Resources Showcase</b> from 11-11:45 a.m. CT            (Calendar invite)</p>	<p><b>Talkspace</b> is your space. It's private, confidential, convenient, and it's included as part of your behavioral health benefits.</p>
<p><b>May 13-17</b></p>	<p>Join <b>Stretch &amp; Destress</b> from 12-12:15 p.m.            (Calendar invite)</p>	<p>Love chickpeas or garbanzo beans? Try them in a new way by falling for this <b>falafel recipe!</b></p> 	<p>Give your mind a break at <b>Mindfulness with Nat</b> from 11:30 a.m. - 12 p.m. CT            (Calendar invite)</p>	<p>Take a <b>Fitness Break</b> with DCS from 10-10:15 a.m. CT            (Calendar invite)</p>	<p>May is <b>Mediterranean Diet Month.</b>            We don't need to travel to enjoy its benefits!</p> 
<p><b>May 20-24</b></p>	<p>Find support near you with the <b>Optum Health Community Connector!</b></p>	<p>"No matter what you're going through, there's a light at the end of the tunnel."            - Demi Lovato</p>	<p><b>New!</b> Access recordings to our live events and view them at your convenience! Click on <b>Video Library.</b></p>	<p>Join a <b>Mindfulness Break</b> with TDH from 11:15-11:30 a.m. CT            (Calendar invite)</p>	<p>Access Optum Health's <b>Emotional Wellbeing Solutions,</b> or call 855-Here4TN (855-437-3486).</p> 
<p><b>May 27-31</b></p>	 <p><b>MEMORIAL DAY</b>            State Holiday</p>	<p>Sushi too pricey? Try making it at home with this <b>Sushi Bowl</b> recipe.</p>	<p>Follow us on <b>Facebook!</b></p>  <p><a href="https://www.facebook.com/WFHTN">/WFHTN</a></p> 	 <p>Celebrate sweet strawberries with <b>Strawberry Banana Nice Cream.</b></p>	<p>Schedule a walking meeting with a colleague (virtual or in person) and email <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> by May 31 to be entered in a prize drawing!</p>