



## July Wellness Calendar

Use this calendar to boost your well-being at work. At the end of the month, [let us know](#) your favorite activity or resource and you could receive a prize! Learn about all upcoming wellness activities, challenges, webinars and workouts by visiting our [Wellness Events](#) page. Questions? Reach out to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)

**July 1:** [Visit a park](#) near you during [National Park and Recreation Month](#). [Send us](#) your photos to be highlighted on [Facebook](#) and [Instagram](#), and you might receive a prize!

**July 2:** Share this calendar during a team meeting and [let us know you did](#) to be entered into a random prize drawing!

**July 3:** Check out this [Healthified Classic American Cheeseburger Sliders recipe](#).

**July 4:** Try these [tips for a healthy summer picnic](#).

**July 7:** Join [Stretch & Destress](#) from 12-12:15 p.m. CT. Can't join live? [Download the invite](#) to access the video links via the Microsoft Teams chat.

**July 8:** Are you familiar with your [wellness options](#) as a Tennessee State Government employee? [Learn about the programs and resources](#).

**July 9:** [Join](#) the Balance: Introvert or Extrovert? webinar presented by Sharecare from 11:15 a.m. – 12 p.m. CT.

**July 10:** Download the [15-minute fitness break](#) and join us on Thursdays at 10 a.m. CT.

**July 11:** It's National Watermelon Month! Try this five-ingredient [Watermelon Whip recipe](#).

**July 14:** Have you taken your RealAge Test this year? Learn if you're eligible to earn an incentive by visiting the [Partners for Health Wellness Program website](#).

**July 15:** Use a video from our [library](#) during a team meeting and [let us know you did](#) to be entered into a random prize drawing!

**July 16:** Find peace of mind with [Mindfulness with Nat from 11:30 a.m.-12 p.m. CT](#). Can't attend live? Check out this [recording](#) from May!

**July 17:** Join us for a [Mindfulness Break](#) from 11:15-11:30 a.m. CT.

**July 18:** Enjoy blueberry season with a [Blueberry Banana Smoothie](#).

**July 21:** Learn to manage your stress and anxiety with [Unwinding Anxiety](#). This 30-day program consists of short daily exercises to help you learn how your mind works, so you can change your habits around anxiety.

**July 22:** Short on time but love all things wellness? Become a [wellness champion](#)!

**July 23:** Take a [10-minute fitness break](#) at 11 a.m. CT. You deserve it!

**July 24:** Get inspired by [success stories](#) from your coworkers and [share yours](#)!

**July 25:** Stay cool with some homemade [Pineapple Nice Cream](#)!

**July 28:** The [Optum Health Community Connector](#) provides you easy access to a full list of programs in your community, from food pantries to clothes for work.

**July 29:** Get cooking on National Lasagna Day with this [Roasted Veggie Enchilada Lasagna recipe](#).

**July 30:** Learn about the Department of Human Resources' [wellness break agreement](#) to practice self-care daily.

**July 31:** Don't forget to [let us know](#) your favorite activity or resource from this month's calendar. You could receive a prize!

**Looking for more information and resources to be well?**

Follow [Working for a Healthier Tennessee](#) on [Facebook](#), [Instagram](#) and [YouTube](#).