

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



SCAN ME!

Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

May is both Mental Health Awareness Month and National Physical Fitness Month. This month, we're embracing the mantra "**Move Your Body, Support Your Mind**" by focusing on small, intentional actions that strengthen both physical and mental well-being. Research shows that regular movement and mindful practices can reduce stress, lift your mood, and improve overall health.

1 FRESH START: BEGIN THE MONTH BY SETTING A PERSONAL WELL-BEING GOAL. WHETHER IT'S INCORPORATING DAILY WALKS OR PRACTICING MINDFULNESS, SMALL STEPS CAN LEAD TO SIGNIFICANT IMPROVEMENTS IN MENTAL AND PHYSICAL HEALTH.

2 CITY EMPLOYEES ON THE MEDICAL PLAN – SCHEDULE YOUR BIOMETRIC SCREENING!

- CIVIC CENTER, FRI., MAY 9
- 8:00 A.M. – 3:00 P.M.
- [REGISTER ONLINE OR CALL TO SCHEDULE 912-819-8177](#)

3 ART & SOUL MUSIC FESTIVAL ENJOY LIVE MUSIC, ART DEMONSTRATIONS AND SHOPPING DEALS. A GREAT ATMOSPHERE FOR RELAXATION AND INSPIRATION.

- 2:00 P.M. - 8:00 P.M.
- SAVANNAH CITY MARKET, 219 W BRYAN ST.

4 SUFFICIENT SLEEP, EXERCISE, HEALTHY FOOD, FRIENDSHIP, AND PEACE OF MIND ARE NECESSITIES, NOT LUXURIES.
~MARK HALPERIN

5 MIND-BODY CONNECTION: EVER WONDER HOW PHYSICAL ACTIVITY CAN BOOST MENTAL WELLNESS? [EXPLORE THE CONNECTION TODAY.](#)



6 KNOW YOUR NUMBERS: UNDERSTANDING KEY HEALTH INDICATORS LIKE BLOOD PRESSURE, CHOLESTEROL, AND BLOOD SUGAR, HELPS YOU MAKE INFORMED DECISIONS. ATTEND THE [BENEFIT U HEALTH FAIR](#) TO LEARN MORE AND TALK WITH EDUCATORS ABOUT YOUR RESULTS!

7 LOOKING TO FEEL BETTER, THINK CLEARLY, AND MOVE WITH MORE ENERGY? DR. PETER ATTIA SHARES FIVE KEY HABITS—EXERCISE, NUTRITION, SLEEP, EMOTIONAL HEALTH, AND MEDICATION—[IN THIS SHORT VIDEO THAT CAN HELP YOU BUILD A STRONGER, HEALTHIER FOUNDATION FOR EVERYDAY LIFE.](#)

8 HYDRATION CHECK: STAYING HYDRATED IS CRUCIAL FOR MENTAL CLARITY AND MOOD REGULATION. EVEN MILD DEHYDRATION CAN IMPACT CONCENTRATION AND INCREASE FEELINGS OF ANXIETY. AIM FOR 8 GLASSES OF WATER TODAY TO SUPPORT BRAIN FUNCTION AND EMOTIONAL WELL-BEING.

9 BENEFIT U HEALTH FAIR

CITY OF SAVANNAH EMPLOYEES, RETIREES, AND DEPENDENTS ARE WELCOME! ENJOY FOOD, GIVEAWAYS, & SWAG!
• 8:00 A.M. - 3:00 P.M.
• SAVANNAH CIVIC CENTER

10 BREAKTHROUGH T1D SAVANNAH WALK FOR MORE DETAILS, PLEASE REACH OUT TO DE'ANNA DUDLEY AT DDUDLEY@SAVANNAHGA.GOV
• 10 A.M. LAKE MYER PARK, 1850 E. MONTGOMERY CROSSROADS, PAVILION #1

11 CELEBRATE THE MOTHERS AND MOTHER FIGURES IN YOUR LIFE. ACKNOWLEDGE THEIR STRENGTH, CARE, AND THE ROLES THEY CARRY - AND REMIND THEM THEY DESERVE TIME TO CARE FOR THEMSELVES, TOO.

12 YOUR FEEDBACK MATTERS! WE ARE CONSIDERING UPDATES TO OUR 2026 WELLNESS PROGRAM REQUIREMENTS FOR EMPLOYEES TO EARN A \$1,000 MEDICAL PREMIUM DISCOUNT. [PLEASE SHARE YOUR FEEDBACK IN THIS QUICK, ONE-QUESTION SURVEY BY MAY 16.](#)

13 DID YOU KNOW? DEPRESSION INCREASES THE RISK OF CHRONIC CONDITIONS BY 40%. MENTAL HEALTH IS IMPORTANT. SUPPORT IS AVAILABLE. **ALL COS EMPLOYEES HAVE FREE, 24/7 ACCESS TO CONFIDENTIAL COUNSELING AND RESOURCES THROUGH [ALLONE HEALTH.](#)**

14 WHAT'S UP WEDNESDAY: JOIN ANDREA ALLEN FOR AN INTERACTIVE SESSION ON, [DIVERSITY, EQUITY, AND INCLUSION: CELEBRATING OUR DIFFERENCES.](#)
• 11 A.M. – 12 P.M.
• EARN 1 TRAINING HOUR!

15 Thriving Thursday's

EMPOWERED WELLNESS: A WOMAN'S GUIDE TO HEALTH. JOIN A CONVERSATION ON HEALTH TOPICS (MINDY, BODY, MOVEMENT) FOR WOMEN OF ALL AGES.
• 11:00 A.M. - 12:00 P.M.
• COASTAL GEORGIA AUDITORIUM, 305 FAHM STREET.

16 JOURNALING FOR MENTAL HEALTH: WRITING CAN BE A THERAPEUTIC WAY TO PROCESS EMOTIONS AND REDUCE STRESS. SPEND A FEW MINUTES JOURNALING YOUR THOUGHTS. WHAT IS ONE ACTIVITY YOU DID THIS WEEK THAT HELPED YOU FEEL STRONG (PHYSICALLY OR EMOTIONALLY)?

17 FIND YOUR FITNESS GROOVE: EXPLORE DIFFERENT TYPES OF MOVEMENT—DANCE, YOGA, HIKING, CYCLING—TO FIND WHAT ENERGIZES YOU. MENTAL HEALTH CONNECTION: EXERCISE CAN REDUCE ANXIETY AND DEPRESSION SYMPTOMS IN AS LITTLE AS 20 MINUTES.

18 BOUNDARIES & BALANCE: ESTABLISH CLEAR WORK/LIFE BOUNDARIES TO PROTECT YOUR TIME AND ENERGY. HEALTHY BOUNDARIES ARE ESSENTIAL FOR MENTAL WELL-BEING AND STRESS MANAGEMENT.

19 GET MOVING! EXERCISE BOOSTS BRAIN BLOOD FLOW, NOURISHING CELLS AND PROMOTING NEW NEURAL CONNECTIONS. AIM FOR 30 MINUTES OF WALKING TODAY!



20 MENTAL HEALTH IS NOT A DESTINATION, BUT A PROCESS. IT'S ABOUT HOW YOU DRIVE, NOT WHERE YOU'RE GOING.
~NOAM SHPANCER

21 WORLD MEDITATION DAY! MEDITATION HELPS CLEAR YOUR HEAD WHEN OVERWHELMED. [CHECK OUT THIS 3-MINUTE GUIDED MEDITATION.](#)



22 PENSION PLAN, 457, AND BENEFITS CLASS: JOIN US FOR A COMPREHENSIVE LEARNING SESSION ON OUR PENSION PLAN, 457, AND EMPLOYEE BENEFITS.
• 9 AM - 12 PM SPD AUDITORIUM - 3401 EDWIN ST

23 LEARN SOMETHING NEW: CHALLENGE YOUR BRAIN BY LEARNING A NEW SKILL OR HOBBY. LIFELONG LEARNING SUPPORTS COGNITIVE FUNCTION AND MENTAL AGILITY.

24 JOIN SAVANNAH ON THE MOVE! ALL PACES ARE WELCOME. GET ACTIVE AND STAY INSPIRE!
• 8 A.M. IN FRONT OF THE [THOMPSON HOTEL, 201 PORT ST](#)



25 GRATITUDE PRACTICE: TAKE A MOMENT TO WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR. REGULAR GRATITUDE JOURNALING HAS BEEN LINKED TO REDUCED STRESS AND IMPROVED MENTAL HEALTH.

26 MEMORIAL DAY
CITY OFFICES ARE CLOSED. HONOR AND REMEMBER THOSE WHO MADE THE ULTIMATE SACRIFICE IN SERVICE TO OUR COUNTRY.

27 MEAL MINDFULNESS: PREPARE A NUTRITIOUS MEAL AND EAT WITHOUT DISTRACTIONS. MINDFUL EATING CAN IMPROVE DIGESTION AND FOSTER A HEALTHIER RELATIONSHIP WITH FOOD.

28 MOVEMENT MOTIVATION: AVOID SITTING AT YOUR DESK FOR LONG PERIODS OF TIME. EVERY 60-90 MINUTES, TAKE 5-10 MINUTES FOR A QUICK WALK AND A BRAIN BREAK!

29 GAME NIGHT: GET READY FOR AN EPIC NIGHT OF FUN AND GAMES AT OUR GAME NIGHT!
• 305 FAHM ST.
• 5:15 PM - 6:15 PM



30 KEEP SHOWING UP: WHETHER IT'S A SHORT WALK OR MINDFUL PAUSE, EVERY EFFORT SUPPORTS YOUR PHYSICAL AND MENTAL HEALTH. PROGRESS ISN'T ALWAYS LOUD. SOMETIMES IT'S SIMPLY CHOOSING TO KEEP SHOWING UP FOR YOURSELF.

31 CELEBRATE PROGRESS: ACKNOWLEDGE THE STRIDES YOU'VE MADE IN YOUR WELLNESS JOURNEY THIS MONTH. CELEBRATING SUCCESSES REINFORCES POSITIVE BEHAVIORS AND MOTIVATES CONTINUED GROWTH.