

WELLNESS FOR LIFE

MAY 2026 BUSINESS BUZZ

Mental Health Awareness Month

Mental Health Awareness Month has been observed in the U.S. since 1949. Every year during the month of May, NAMI joins the national movement to raise awareness about mental health. Together, we fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness. We want every person out there to know that if all you did was wake up today, that's *more than enough*. **Call the NAMI Helpline at 800 -950-NAMI or text "Helpline" to 62640 for support and guidance. Call or text 988 if you are experiencing a mental health crisis.**

Mental Health & Exercise

One of the simplest ways to support mental well-being is through regular exercise. Physical activity helps reduce stress hormones like cortisol while boosting feel-good chemicals such as endorphins and serotonin. Over time, consistent movement has been linked to reduced symptoms of anxiety and depression, as well as improved focus and resilience.

Exercise doesn't have to mean intense workouts or hours at the gym; it's about finding movement you enjoy and can stick with. Whether it's playing outside with your kids, lifting weights, gardening, or going for a bike ride, all forms of movement count. This month, consider setting small, achievable goals to move your body regularly- your mind will thank you for it.

Mediterranean Pasta Salad

INGREDIENTS:

- 8 oz Fusilli pasta
- 1 English cucumber, diced
- 1 pint cherry tomatoes, halved
- 1 cup baby spinach
- 1/2 red onion, sliced
- 1/2 crumbled feta cheese
- 1/4 kalamata olives, halved

DRESSING:

- 1/4 cup olive oil
- 3 tb red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp oregano
- 1 tsp dried mint
- 1 garlic glove, minced
- 1/2 tsp salt
- 1/4 tsp black pepper

While boiling pasta in salted water, whisk together salad dressing ingredients until emulsified. Add pasta on top of dressing and toss to combine. Add remaining salad ingredients and toss until everything is evenly coated with the dressing. Serve immediately or allow to chill in the fridge until ready to eat.



CALENDAR OF EVENTS

May 2

CPR/First Aid Class 8AM-12PM

May 13

CPR/First Aid Class 5:30-9:30PM

May 16

CPR/First Aid Class 8AM-12PM

Whisker Walk @ East Leach Park 10AM

May 20

4 Year Old Preschool Graduation 10AM

May 22

Studio Y Recital @ SHS 6:30-8:30PM

Middle School Dance 8-10PM

May 23

Studio Y Recital @ SHS 10:30AM-12:30PM

Kids Night Out 5:30-9:30PM

May 25

CLOSED - Memorial Day



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