

May

Mental Health Awareness Month

Mental Health Awareness Month has been observed in America since 1949. Take this month to check in on your own mental health and those you love.



Mental Health Support

Get fast, easy, virtual psychiatrist and therapist visits whenever you need them. LiveHealth Online lets you have a video visit with a board-certified psychiatrist or therapist from your computer with a camera, tablet, or smartphone.



<https://livehealthonline.com/>



National Fitness Day

What's your current fitness level? Take it up a notch by committing to walking, biking or participating in another activity that's meaningful for you.



World Bee Day

Three out of four fruit and seed crops used for food depend on bees and other pollinators. Support bee-friendly farming and gardening in your area.



Learn About Composting Day

Composting diverts greenhouse-gas producing food waste from landfills and adds nutrients back to the earth. Learn how you can get started!



World No Tobacco Day

Every day is a good day to stop smoking, vaping or chewing tobacco products. Kick your tobacco habit once and for all.