


May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	Brain Health: 3:30 p.m.	12	13	14	15
17	Resilience: Rising Strong: 8:30 a.m. & 3:45 p.m. *only 15 minutes!  Register for Get Fit on Route 66 Challenge!	18	19	20	21	22
24/31	25	26	27	TSG Cooking Show: Greens, Beans, & Berry Dreams: Eating Well for Mind & Mood: 12:00 p.m.	28	29
						30

Additional Resources

Podcasts:



Learn how to keep one of the most important organs in your body healthy with [Brain Health](#)



Learn how to [Bounce Back with Resilience](#) for a happier, healthier life



Try these [stress management techniques](#) to lower your stress.

Programs:



Register for [Get Fit on Route 66 Challenge](#)
[Registration Opens May 18](#)



[Life on Mindfulness: Blood Pressure Reduction Program](#)