

May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Ease My Mind Program Begins 1 Align - 12:00 Examen - 2:00
Talkspace Webinar: Mental Health in the Workplace - 12 4 JumpStart - 12:00 Meditation for Beginners - 4:30	Relax - 12:00 5 Dance for Joy - 12:15	Build - 12:00 6 Navigating the Emotional Side of Eating Webinar - 1 Dance for Life - 1:00 Gentle Yoga for Health - 4:15	Dance for Life - 10:00 7 Unwind - 12:00 Encore Dancers Workshop - 1:45 Zumba - 5:30	Align - 12:00 8 Examen - 2:00
Talkspace Webinar: Healing from Compassion Fatigue - 12 11 JumpStart - 12:00 Meditation for Beginners - 4:30	Relax - 12:00 Dance for Joy - 12:15 12 FL Blue Preventing Cognitive Decline Webinar - 1:00 Zumba - 5:30	Build - 12:00 13 Dance for Life - 1:00 Gentle Yoga for Health - 4:15	Dance for Life - 10:00 Unwind - 12:00 14 Encore Dancers Workshop - 1:45 Zumba - 5:30	Align - 12:00 15 Examen - 2:00
Sound Bath Meditations (GNV Only) - 12:00 18 JumpStart - 12:00 Meditation for Beginners - 4:30	Relax - 12:00 19 Dance for Joy - 12:15 Zumba - 5:30	FL Blue Stress, Emotions, and Cardiovascular Health Webinar - 12:00 20 Build - 12:00 Dance for Life - 1:00 Gentle Yoga for Health - 4:15	Dance for Life - 10:00 Unwind - 12:00 21 Encore Dancers Workshop - 1:45 Zumba - 5:30	Align - 12:00 22 Examen - 2:00
25	Relax - 12:00 26 Dance for Joy - 12:15 Zumba - 5:30	Build - 12:00 27 Dance for Life - 1:00 Gentle Yoga for Health - 4:15	Dance for Life - 10:00 Unwind - 12:00 28 Encore Dancers Workshop - 1:45 Zumba - 5:30	Align - 12:00 29 Examen - 2:00

What's New?

[Footprint Through History: May Individual Walking Challenge](#)
May 1 - 31

[Mental Health Nature Walk](#)
May 2 @ 8:30 - 10 a.m.

[Florida Blue: Foods for Mental Health Webinar](#)
May 6 @ 1:00 - 1:45 p.m.

[Be Well Workshop: Strengthening Your Mood Through Daily Habits](#)
May 21 @ 11 a.m. - 12 p.m.

[Florida Blue: Wellness at Your Fingertips - Optimizing Digital Mental Well-Being App](#)
May 21 @ 1 - 2 p.m.

[Practice of Presence Webinar](#)
May 28 @ 12 p.m.

Reoccurring

[Live-Streamed Class Series](#)
Monday-Friday @ 12:00 - 12:15 p.m.

[Meditation for Beginners](#)
Mondays @ 4:30 p.m.

[Dance for Joy](#)
Tuesdays @ 12:15 p.m.

[Gentle Yoga for Health](#)
Wednesdays @ 4:15 p.m.

[Zumba at Professional Park](#)
Tuesdays & Thursdays @ 5:30 p.m.

[Dance for Life](#)
Wednesdays @ 1 p.m. & Thursdays @ 10 a.m.

[Examen](#)
Friday @ 2 p.m.