

# ODL *Well-Being Wednesday* May Schedule

May is Mental Health Awareness Month

May 5<sup>th</sup>: "Journaling  
& other tools to help manage mental health"

May 12<sup>th</sup>: "Unique self-care ideas"

May 19<sup>th</sup>: "Activities that may improve  
your mental health"

May 26<sup>th</sup>: "Traditional ways to manage your  
health"

Click on the [Teams link](#) to join us every Wednesday at 12:00pm EST

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