

May 2024



Join the **Final LLS Breaking Barriers Challenge** in Woliba @ <https://woliba.io/challenges/17120> : PRIZES awarded to the TOP 3 STAFF STEPPERS!
 An alternative (or additional) option is the **H2OMG Challenge** @ <https://woliba.io/challenges/17123> beginning on 5/6/24.
 Register in Woliba @ [https:// woliba.io/register](https://woliba.io/register) to participate in these challenges and be eligible for prizes!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This Month's Theme: Focus on Mental Health Awareness	Movement Monday! Pilates Glute Buster II	Create a regular meal plan	Wellness Wednesday! Prep Like a Pro: Meal Prep Do's & Don'ts For Busy People	Life on Mindfulness (On-demand: New link, no password required)	Foodie Friday! Chai Spiced Overnight Oats	Make time for play
5	6	7	8	9	10	11
	Movement Monday! 7 Day Kick-Off Full Body Workout	Find workouts you enjoy	Wellness Wednesday! Everything in Moderation: Fitness Edition	Read every day	Foodie Friday! Greek Chicken Gyros With Tzatziki Sauce	
12	13	14	15	16	17	18
Don't forget sunscreen for outdoor activities	Movement Monday! Hip Mobility Stretch	Learn deep breathing exercises	Wellness Wednesday! <u>12:00pm Harmony on Your Plate: Seasonal Eating for Health</u>	Reduce your sugar intake	Foodie Friday! Rainbow Nori Wraps	
19	20	21	22	23	24	25
	Movement Monday! <u>8:30am or 3:45pm</u> Mindset Monday: Moving Mindfully	<u>3:30pm Better Sleep for Better Health</u>	Wellness Wednesday!	<u>12:00pm Monthly Cooking Show: Kick Up Your Heels and Salsa</u>	Foodie Friday! Fiber Upgraded Blueberry Muffin Smoothie	Shop the perimeter of the store (whole foods closest to their natural state)
26	27	28	29	30	31	
	Movement Monday! Ocean Breath to Relax	Don't drink your calories	Wellness Wednesday! <u>8:30am or 3:45pm</u> Sleep: Why We Need It	Don't ever forget: your health & wellness matter!!	Foodie Friday! Vegan Chickpea Veggie Omelette	
	*Register in Woliba via the above link or QR code in order to access wellness resources in blue! These are just a few of the amazing wellness offerings available to LLS Staff!			All LLS Staff are eligible for NMPSIA wellness events/newsletters regardless of insurance coverage. If you are unable to attend at the designated time after registering for event, a recording will be emailed to you.		