

[Greetings! Here is a .pdf for ease of use. To imagine how this might look in a simple layout, please click [here](#).]

## Prioritizing You: May Health Observances

The greatest wealth is health! Following are ideas for participating in two of May's main health observances, but there are hundreds throughout the year. [Here](#) is where you can view them all.

### 1. Mental Health Awareness: More Good Days, Together

The 2026 theme for [Mental Health Month](#) reminds us of the importance of reducing stigma and promoting mental wellness.

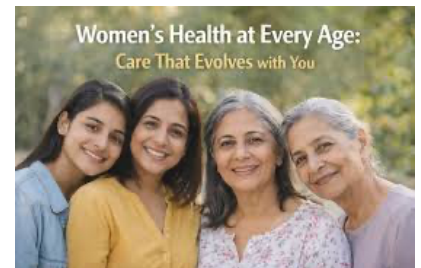
- **Action:** Explore the [Action Guide](#) for online activities, articles, printable tools, and practical resources.
- **Action:** Reflect on what a good day looks like for you, whether it's reading a book, taking a walk, or a win at work.
- **[ED. NOTE: Customize with EAP and other mental health resources at your organization.]**



### 2. National Women's Health Month: Health at Every Age

This year's Women's Health Month celebrates the achievements and validates the experiences women, non-binary, and transgender people face every day. [Explore the resources](#).

- **Action:** Visit the onsite health station or your local pharmacy for a quick blood pressure screening. Aiming for a reading near **120/80 mmHg** is a great goal for long-term vitality.
- **Action:** Check with your doctor, clinic, or electronic health record to ensure preventive care is up to date. If not, schedule needed appointments right away.
- **[ED. NOTE: Customize with women's health initiatives at your organization.]**



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