

May

20
25

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>MENTAL HEALTH AWARENESS MONTH MAY</p>		<p>Mental HEALTH matters!</p>	<p>Meet your Cigna On-Sites</p> <p>They are here to help you with any Cigna related matter</p>	<p>IT'S OK TO ASK FOR HELP</p>	
<p>MAY THE 4th BE WITH YOU</p>	<p>Teacher Appreciation Week Thank You!</p>	<p>Why your mental health matters</p>	<p>What to eat for your Mental Health</p>	<p>Happy Friday</p>	<p>MAY 10, 2025 Today is WORLD LUPUS DAY</p>	
<p>Happy Mothers Day</p>	<p>NWHW NATIONAL WOMEN'S HEALTH WEEK SEMANA NACIONAL DE LA SALUD DE LA MUJER</p>		<p>TAKE THE PATH TO A HEALTHIER YOU!</p> <p>Earn a \$25 e-gift card</p>	<p>Take ONE STEP at a TIME</p>	<p>osteoporosis awareness month</p>	
<p>Self Care Sunday</p>	<p>YOU GOTTA NOURISH TO FLOURISH</p>	<p>Follow us on Instagram @MDCPSWELLWAY</p>	<p>Our Health Coaches are Here for you!</p> <p>CONNECT WITH THEM</p>	<p>Mood Boosting Recipes</p>	<p>make your mental health a Priority</p>	<p>happify Use this free Cigna Resource Adjust your mind and generate "Postress" - Positive Stress</p>
<p>EAP is here to help you! See Below</p>	<p>Happy Memorial day</p>	<p>MDCPS Cares About your Mental Health Check out our Mental Health Website</p>	<p>YOUR FEELINGS ARE VALID</p>	<p>QUESTIONS ABOUT YOUR BENEFITS?</p>	<p>Did You Know? If you are insured with Cigna you have access 24/7 to behavioral health, see number below!</p>	<p>GOODBYE May HELLO June</p>

Questions/Hotlines:

Cigna Representative: 1-800-806-3052, 24 hours/7 days a week
 Cigna Total Behavioral Health Program: 1-800-806-3052 OPT.3 24 hours/7 days a week
 FBMC Representative: 1-855-632-7748, Monday-Friday, 7am - 7pm
 Office of Risk and Benefits Management: 305-995-7129 | Well Way: 305-995-7129
 District Employee Assistance Program: 305-995-7111
 Health Coaches: Jacie Robles, RDN/LD: 786-514-0205 | Alyssa Maranges, RDN/LD: 786-779-1139 | Natalie Aguiar: 786-921-7551

A copy of this calendar is available on <http://wellway.dadeschools.net/>