

Prime Post

May 2026

May is National Mental Health Awareness Month.

Mental Health Awareness Month was established in 1949 to increase awareness about the vital role mental health plays in our overall health and well-being. Mental health includes emotional, psychological and social well-being, and is essential to our overall health and quality of life.

Did you know that positive emotional well-being lowers the risk of disease, sickness and injury?

Nordic Stick Walk:

Join us for a Nordic stick walking adventure in the park on

May 22!

Come to the community center for a quick **tutorial** on how to use Nordic sticks **at 1:00pm** and **depart for Minto Brown park at 1:30pm.**

We can supply six sets of nordic walking sticks for use.

Spots are limited for transportation.

Sign ups will be available on the portal on May 8.

If you have your own or would just like to come for a walk please to join us!

Ideas to improve wellness

- Get regular exercise.
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority.
- Try a relaxing activity.
- Set goals and priorities.
- Practice gratitude.
- Focus on positivity.
- Connect with friends and family.
- Find a group on campus for support.

Additional Resources on Campus

Time Out Meditations:

Chaplin Brooke is conducting Time Out Meditations every Wednesday at 11:00am in the Commons Meeting Room. For many of us, the world seems awfully busy and loud these days. Take few moments with friends and neighbors for a Time Out. Come and spend 15 to 20 minutes taking time to reset and relax. This is not a faith-based activity and all are welcome.

National Alliance on mental illness (NAMI) Support Group:

A group for families who have loved ones who struggle with mental illness. They meet once a month in the 10th Floor Lounge. For more information, contact Lois Stafford at 916-213-7246.

Dementia Support Group:

If you have a friend or loved one with dementia and could use some support, please join us for the Dementia Caregiver Support Group held every 2nd Thursday of the month at 1:00 pm in the 3rd Floor Lounge

Additional Resource to read at home:

"When Life Hits Hard: How to Transcend Grief, Crisis and Loss"
By: Russ Harris

Chaplin Brooke has found this book on general loss and grief. It is available online as well as at your local bookstore for additional resources to cope with loss.



For more information contact Wellness Coordinators Heather and Esther. (503) 375-5905 or find us in the Prime Fitness office M-F 8am-4pm