

APRIL 2026

Counseling Awareness Month



Visit the Strawberry Fest 4/21, grab some fresh strawberries and try this month's recipe

Strawberry Spinach Salad



Ingredients

- 5 oz fresh spinach
- 1 C sliced strawberries
- 1/3 C thin sliced red onion
- Poppy seed dressing
- 1/2 C toasted pecans
- 2 oz fresh feta, crumbled salt & pepper

- In a large bowl, place the spinach, strawberries, and red onion. Add some of the dressing and toss to combine.

-Add the pecans and feta and gently toss. Add more dressing, as desired. Season to taste with salt and pepper and serve.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	River Oaks provides EAP for City employees and their families. riveroakshealth.org		Passover Begins	World Autism Awareness/ Acceptance Day National Employee Benefits Day		Farmers Market
5	6	7	8	9	10	11
HAPPY Easter	National Community Development Week	APRIL 7th WORLD HEALTH DAY	Counseling is a two-way process to help evaluate your life and offer options to consider	Passover Ends		National Pet Day Farmers Market
12	13	14	15	16	17	18
National Public Safety Telecommunicators Week		International Moment of Laughter Day	TAX DAY	National High Five Day	World Hemophilia Day	National Day of Exercise Farmers Market
19	20	21	22	23	24	25
National Library Week		River Market Strawberry Fest 3pm-7pm	Happy Administrative Professionals Day	It helps to talk to a non-biased person to help with decision making... like a counselor		TUSCALOOSA MAYOR'S CUP
26	27	28	29	30	Step Right Up to Better Health! Save the date for a day of fun under the big top! City of Tuscaloosa Employee Benefits, Wellness, & Safety Expo May 7 • 9 AM-2 PM • River Market	
	Try the new Doctor on Demand App for therapy visits in the convenience of your home					