

MAY 2026

National Mental Health Awareness Month



Tomatillo Guacamole



- 2 avocados, chopped
- 1C tomatillos, chopped
- 1C fresh spinach
- ½ C fresh cilantro, chopped
- ¼ C cold water
- 2T fresh lime juice
- 1 jalapeno or serrano, chopped
- 1 scallion, chopped
- Salt to taste

Place ingredients into a food processor and pulse until slightly chunky; season with salt.

Pair with air fryer tortilla chips for a healthy snack on Cinco de Mayo.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Benefits, Wellness, & Safety Expo is May 7th. Come to the River Market 9am-2pm and meet vendors, play games, grab a free lunch, and a snow cone. We will have free health screenings, an opportunity to give blood, and door prizes!</p>				Engage in meditation/ mindfulness	1 LIVE@PLAZA	2 National Life Insurance Day 
3 	4 International Firefighter Day 	5 CINCO DE MAYO World Asthma Day 	6 Nurses Day	7 Benefits, Wellness, & Safety EXPO 9am-2pm @ The River Market	8 World Ovarian Cancer Day LIVE@PLAZA	9 
10 Police Week 	11 Take a trip down memory lane and do some coloring when feeling anxious	12	13 World Facilities Management Day	14	15 National Bike to Work Day 	16 Armed Forces Day 
17 National Public Works Week	18	19 National Accounts Receivable Day	20 EMS Day	21 Practice self-care and make yourself a priority	22 LIVE@PLAZA	23 
24 World No Tobacco Day 31	25 MEMORIAL DAY REMEMBER & HONOR 	26	27 World MS Day 2.9 million people around the world have MS	28 Disconnect from electronics and social media	29 World Digestive Health Day LIVE@PLAZA	30 