

# JUNE 2026

## PROFESSIONAL WELLNESS MONTH



It is only June and we are already feeling the heat! Try this for National Hydration Day and up your hydration game.



### Homemade Electrolyte Drink

- 1½ cups unsweetened coconut water
- ½ cup fresh orange juice
- 2 tablespoons fresh lime juice
- Pinch of salt
- Ice for serving

#### Directions

Combine 1½ cups coconut water, ½ cup orange juice, 2 tablespoons lime juice and a pinch of salt in a large glass; stir until the salt dissolves. Pour into 2 ice-filled glasses.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Wellness Tip:</u> Begin with something positive	2 	3 <b>Global Running Day</b> <i>Start a new routine or increase your goal</i> 	4 <u>Wellness Tip:</u> Volunteer. In giving back you gain more than you give.	5 <b>LIVE@PLAZA</b>	6 <b>Household Hazardous Waste Disposal Day</b> 8a-11a <i>Public Safety Logistics building</i> 
7 <u>Wellness Tip:</u> Start or join a book club	8 <b>National Best Friend Day</b> <i>Start an annual tradition with your bestie!</i>	9 <b>National Call Your Dr. Day</b> <i>This is your annual reminder to make a Dr's appointment.</i>  	10	11 <u>Wellness Tip:</u> Start your day with a glass of water	12 <u>Wellness Tip:</u> Track your steps <b>LIVE@PLAZA</b>	13 <b>Family Health and Fitness Day</b> <i>Get the whole family moving with fun activities</i> 
14	15 <u>Wellness Tip:</u> Practice gratitude	16 	17 <b>Global Garbage Workers Day</b> <i>Thank you to our employees at ESD for all of your hard work!</i> 	18 <b>City Hall is closed</b> JUNETEENTH  <b>LIVE@PLAZA</b>	19	20 
21 	22	23 <b>National Hydration Day</b> 	24	25 <u>Wellness Tip:</u> Try something new	26 <b>LIVE@PLAZA</b>	27 
28 <u>Wellness Tip:</u> Get plenty of fresh air	29	30 <u>Wellness Tip:</u> Make the most of your alone time 	<b>Do you know someone who consistently goes above and beyond? Someone whose dedication, hard work, and positive attitude inspire us all? Now's your chance to recognize them! The City will be taking Excellence Award nominations 6/8-6/22. HR will be visiting several facilities to help employees submit their nomination. Visit <a href="https://tuscaloosa.com/excellence">Tuscaloosa.com/excellence</a></b>			