

Mental Wellbeing Month & October Wellness Programs

Break the Silence. Ignite Change.

Everyone is impacted by mental health conditions, including friends, family and co-workers. One in five adults in the U.S. experiences a mental health condition each year. Every October, we want to bring awareness by breaking the silence and igniting change.

**Sharing your stories creates connections and enhances understanding.*

**Our lived experiences are the most powerful tools for change.*

**Mental health journeys are unique. The strength we find in them is universal.*

**Speak your truth to remind the world: no one is alone in this.*

UPCOMING WELLNESS CHALLENGES

Total Brain's Breath Work Challenge

10/1 - 10/31

Health for the Holidays Challenge

11/3 - 11/30

OCTOBER WELLNESS PROGRAMS

Anthem's EAP Webinar - Getting the Help You Need

10/8 12:00 to 1:00

Anthem's EAP Webinar - How to Boost Your Self-Confidence

10/22 1:00 to 2:00

Kaiser Permanente's Webinar - Healthy Holiday Eating

10/23 12:00 to 1:00

Kaiser Permanente's Webinar - The Art of Healthy Cooking

10/30 12:30 to 1:00

Contact Employee Wellness to learn more at employeeewellness@fultoncountyga.gov or visit Fulco Connect under Wellbeing.



These programs are available to all employees and retirees regardless of healthcare provider.

