



## National Mental Health Awareness

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## Global Employee Health and Fitness Month



### Employee EAP

Employees who feel anxious or need counseling during this time are encouraged to utilize our Employee Assistance Program for telehealth. For more information please visit [riveroakshealth.org](http://riveroakshealth.org).

### Healthy Baked Chicken



- 4 Chicken Breasts, halved
- 2 Tbsp Olive Oil
- 1 Tablespoon Salt
- 1 Pinch Creole Seasoning to taste
- 1 Tablespoon Water, as needed

Preheat oven to 400 degrees. Rub chicken with olive oil and sprinkle both sides with Creole seasoning. Place chicken in broiler pan. Bake chicken for 10 minutes, flip to other side, bake for 15 additional minutes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Play Outside Day 
Practice self-care and make yourself a priority		Engage in meditation/ mindfulness		Exercise Regularly		
2	3 Get adequate sleep	4	5 	6 National Nurses Day 	7 Eat plenty of fruits and vegetables	8
9 	10	11 Limit added sugar	12	13 Engage in activities that provide meaning	14	15 Try to minimize stress
16	17 Eat more healthy fats	18	19	20 Pick Strawberries Day 	21	22 Disconnect from electronics and social media
23 Stay hydrated	24	25 Brown-Bag It Day 	26 National Senior Health and Fitness Day	27	28 Don't Fry Friday 	29
30	31 					

Visit the Farmers Market every Saturday from 7AM-12PM, at The River Market. Pop-Up Markets are Monday- Friday throughout the City from 3PM-6PM, April 1<sup>st</sup>-September 30<sup>th</sup>. Visit [www.TuscaloosaFarmersMarket.com](http://www.TuscaloosaFarmersMarket.com) for more information.