# ACBH Staff Events Calendar May 2019

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<th>Monday</th>
<th>Tuesday</th>
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<td><img src="image" alt="Mental Health Matters Logo" /></td>
<td><img src="image" alt="Each Mind Matters Logo" /></td>
<td>Afternoon Break-time Relaxation &quot;Tea Garden&quot; (self-serve) @ the 5th floor breakroom from 1-3 pm</td>
<td>National Mental Health Day of Prayer &amp; Celebration 2019 10am-1pm @ The Fruitvale Village (Near Fruitvale Bart Station) 3340 E.12th Street</td>
<td>&quot;We Move For Health&quot; Walk @ San Leandro Marina 10 am-3 pm <strong>WEAR LIME GREEN TODAY</strong></td>
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| ![Lunch time](image) "Drumming Circle" led by Michael Kessler @ 2000 Embarcadero Gail Steele 12-1 pm | Breakfast | Lunch time Self Care Check-In led by MHSA Division Staff @ 2000 Embarcadero Gail Steele 12-1 pm | Memoral Day - County holiday | **WEAR LIME GREEN TODAY**

**WEAR LIME GREEN TODAY**

**Go Green when we Get Green!**

Wear Lime Green every Pay Day Friday

**MEMORIAL DAY**

MH MONTH AWARENESS WALK @ Embarcadero Cove, Oakland from 12-1 pm

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**Go Green when we Get Green!**

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**NOTICE:** ALL MENTAL HEALTH MONTH EVENT PARTICIPATION IS VOLUNTARY, DONE ON NON-COUNTY TIME AND WITH THE PERMISSION OF YOUR SUPERVISOR. THANK YOU.