
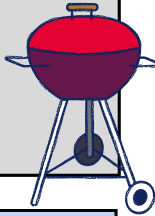
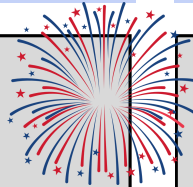



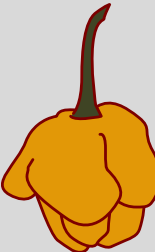

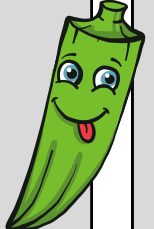
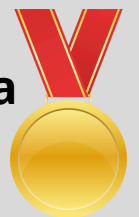




# Jump Start Your Heart in July

**Please note:** All times listed are in the Central time zone.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
July 1-5	 <p>Join <b>Sharecare's Jump Start Your Heart Challenge</b> happening from July 1-31!</p>	<p>Get moving during this <b>Dance Break</b> from 12-12:15 p.m. (<u>Calendar invite</u>)</p>	<p>Learn <b>Barbecue Basics: Tips to Prevent Foodborne Illness</b> (45 seconds)</p> 	<p><b>Happy 4th of July!</b> (State holiday) Prepare a <b>healthy dish</b> for your cookout.</p> 	<p>Not a fan of drinking plain water? Add flavor by making <b>fruit infused water!</b></p>
July 8-12	 <p>Give yourself a break with <b>Stretch &amp; Destress</b> from 12-12:15 p.m. (<u>Calendar invite</u>)</p>	<p><b>Talkspace</b> is your space. It's private, confidential, convenient, and it's included as part of your behavioral health benefits.</p>	<p>Watch a video from our <b>library!</b></p> 	<p>Take a <b>Mindfulness Break</b> with TDH from 11:15-11:30 a.m. (<u>Calendar invite</u>)</p>	<p>View the recording of the <b>Virtual Resources Showcase webinar</b> (30 minutes)</p>
July 15-19	<p>Celebrate National Park and Recreation Month by visiting a <b>national, state or local park.</b> 🏔️</p>	 <p>Stay cool this summer with these <b>helpful tips.</b></p>	<p>Unwind with <b>Mindfulness with Nat</b> from 11:30 a.m. – 12 p.m. (<u>Calendar invite</u>)</p>	<p>Take a <b>Fitness Break</b> with DCS from 10-10:15 a.m. (<u>Calendar invite</u>)</p>	<p>Try this sweet, savory &amp; spicy <b>Jerk Chicken</b> recipe.</p> 
July 22-26	<p>Are you familiar with your <b>wellness options</b> as a Tennessee state government employee?</p>	<p>Learn about DOHR's <b>wellness break agreement</b> to practice self-care daily.</p>	<p>Take a <b>Fitness Break</b> with DHS from 11-11:10 a.m. (<u>Calendar invite</u>)</p>	<p>Tour Tennessee via bicycle with this new resource, <b>Bike TN!</b></p> 	<p>Find support near you with the <b>Optum Health Community Connector!</b></p>
July 29-31	<p>Love okra but not the slime? <b>Put it in the oven with some tomatoes!</b></p> 	<p>Go for the gold! Join <b>Olympic Trivia</b> from 12:30-1:00 (<u>Calendar invite</u>)</p> 	<p>Check us out on <b>YouTube!</b></p>  	<p><b>New!</b> Use this calendar to practice daily self-care. Share your experience and let us know how many activities you completed for a chance to win a prize: <b>Submission Form</b> Prize winners will be notified on Monday, Aug. 5. Can't join a live event? Head over to the <b>video library</b> for on-demand options.</p>	