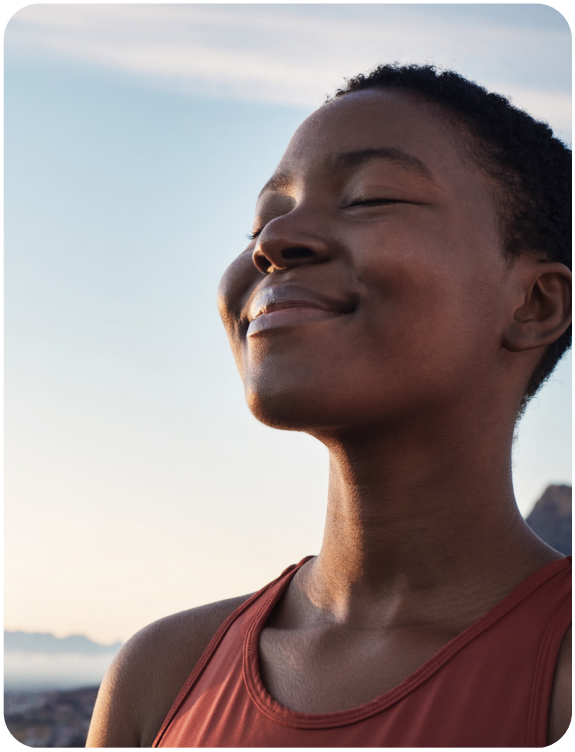


WELLNESS Wednesday | *May 20, 2026*

Mental Health Month



Mental health matters—every day, for everyone. May is a time to normalize conversations, reduce stigma, and encourage support.

Let's talk about it:

- Mental health includes emotional, psychological, and social well-being.
- It affects how we think, feel, and act—and how we handle stress, relate to others, and make choices.
- Everyone has mental health, and everyone deserves care.

Ways to support your mental health:

- Start therapy or counseling if you've been considering it.
- Practice mindfulness or meditation.
- Take breaks throughout your day to reset.
- Reach out to someone you trust when you're struggling.

Remember: Asking for help is a sign of strength, not weakness.



Benefit Basic- AllOne Health

Your employee assistance program is available to you and your household family members. The program offers mental health, wellness coaching, life and financial coaching, and additional resources.

To log in:

- Visit: www.Easeatwork.com
- Code: akron

You can also reach the EAP by phone at 800-521-3273.



Women's Health Week

Women's Health Week is a celebration and a call to action. It's about empowering women to take charge of their health—physically, emotionally, and socially.

Focus areas this week:

- **Preventive care:** Schedule screenings like mammograms, Pap smears, and cholesterol checks. CLICK HERE for a recommended list of screenings by your age.
- **Nutrition:** Fuel your body with whole foods that support hormonal and heart health.
- **Movement:** Find joy in physical activity—whether it's yoga, walking, or dancing.
- **Mental wellness:** Prioritize rest, boundaries, and self-care.

Support tip: Encourage the women in your life to prioritize their health. Share resources, offer to help with appointments, or simply listen.

Monthly Adoption Feature

Meet Cher! Cher is currently accepting applications for a full-time hugging partner.

This girl has no concept of personal space when it comes to giving hugs. If you sit down near her, there's a good chance she'll be climbing into your lap before you know it.

Cher has also done well with dogs in our care, especially dogs that match her playful energy. If you already have a dog at home, you're welcome to bring them in for a meet and greet.

She's ready to trade shelter life for a couch, a family, and someone willing to accept hugs on a daily basis. Stop in to meet Cher today.

Adoptions are just $28.00 for all dogs, which includes a 2026 dog license, microchip, vaccinations, heartworm test, and spay/neuter surgery. Come meet Cher or one of her pals at 250 Opportunity Pkwy in Akron or give us a call at 330-643-2845 ext. 0



AKRON MARATHON RACE SERIES

City employees are eligible to receive a complimentary registration voucher for one race or relay in the Akron Marathon Race Series!

This year, each employee requesting a voucher will receive a unique single-use registration code for the specific race they choose. This code is assigned to you and may not be shared.

A limited number of vouchers are available.

EMAIL DAVE WHEELER AT DWHEELER@AKRONOHIO.GOV TO REQUEST A VOUCHER

Acme Fresh Market 1 Mile & 8K	June 27, 2026
Goodyear Half Marathon & 10K	August 8, 2026
FirstEnergy Akron Marathon, Half Marathon and Team Relay	September 26, 2026

The Akron Marathon Race Series was designed to encourage participation for all fitness levels. With distances ranging from 1-mile to the marathon, pick the race that suits your goals.