



HANDS ACROSS THE STATE

A Mid-Day Break for Mental Wellness in Florida's Communities

JULY 12, 2024

12 P.M. ET



Join Mayors across the state for a coordinated effort to promote mental wellness in Florida's cities, towns and villages. By taking a collective pause, we can raise awareness and show our residents and employees the importance of mental health. This initiative provides an opportunity for communities to come together, engage in stress-reducing activities in our cities and support each other.

How to Participate:

- 1. Organize:** Plan a noon-time break event for your staff and residents. This could literally be holding hands in a moment of reflection, a guided meditation at city hall, a walk in a local park, or any activity that promotes relaxation and mental wellness.
- 2. Promote:** Spread the word in your community. Use social media, newsletters, and local media to encourage participation and highlight the importance of mental health.
- 3. Engage:** Encourage your community to share their experiences and photos from the event on social media and tag [@FLMayors](#).

Let's create a WAVE of positive energy and support across the state!

For more information or to share your photos, email flm@flcities.com.