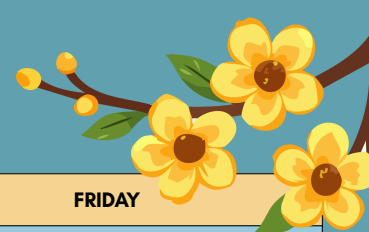



# MAY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Frontier Presentations @ Sheriff's Office
4 Wellness Beat - May 2026 Edition	5 9 AM - 4:30 PM Nutrition Consultations @ Precinct 4	6 <u>Winning with Wellness Wednesday.</u>  8 AM Ankle Brachial Index Screening @ Courthouse	7 9 AM - 4:30 PM Nutrition Consultations @ County Clerk's Office	8 11 AM Frontier Presentation @ Purchasing Department  1:15 PM Frontier Presentation @ Facilities Management
11 8 AM Diabetes Presentation @ Health Department	12 1:15 PM Frontier Presentation @ Facilities Management	13 <u>Monthly Wellness Campaign - 1<sup>st</sup> Flyer</u>  8 AM Ankle Brachial Index Screening @ Precinct 3  11 AM Well-Fuel Wellness Talk @ Precinct 3  9 AM - 4:30 PM Zoom - Nutrition Consultations @ H.R. & Budget	14 8 AM Ankle Brachial Index Screening @ Facilities Mgmt  10 AM Webinar: <u>How to Deal with Anxiety in the Midst of Stressful Circumstances</u>  2 PM & 3 PM Diabetes Presentation @ District Clerk  9 AM - 4:30 PM Zoom - Nutrition Consultations	15 8 AM - 12 PM Zoom - Benefits Consultations  8 AM - 12 PM Zoom - Nutrition Consultations  1:15 PM Frontier Presentation @ Facilities Management
18 8 AM Ankle Brachial Index Screening @ Juvenile Probation	19 9 AM - 4:30 PM Nutrition Consultations @ Precinct 4	20 <u>Winning with Wellness Wednesday.</u>	21 8:30 AM - 12 PM Nutrition Consultations @ County Clerk	22 10 AM Diabetes Presentation @ Precinct 1
25 	26 8 AM - 12 PM Zoom - Nutrition Consultations  1:15 PM Frontier Presentation @ Facilities Management	27 <u>Monthly Wellness Campaign - 2<sup>nd</sup> Flyer</u>  10 AM Webinar: <u>Preventing &amp; Overcoming Burnout</u>  11 AM & 12:30 PM Diabetes Presentation @ Precinct 3  1:30 PM - 4:30 PM Nutrition Consultations @ Pct. 3	28 9 AM - 4:30 PM Nutrition Consultations @ Precinct 3	29 9 AM Frontier Presentation @ Admin Bldg (McColl location)

**FOR MORE INFORMATION REGARDING THESE EVENTS OR FUTURE EVENTS, EMAIL US AT [hidalgocounty.wellness@co.hidalgo.tx.us](mailto:hidalgocounty.wellness@co.hidalgo.tx.us)**

