



Upcoming Virtual Events

May is Mental Health Awareness and Trauma Informed Care Month! Palm Health Foundation supports the annual [Get Your Green On](#) campaign -- wear green on May 21st and post a photo of yourself on social media with #GYGO2020 or #GetYourGreenOn!

You can also join us for a variety of [FREE virtual events](#) in May, including a [Mindfulness Meditation Workshop](#) presented by Palm Health Foundation and [Palm Beach County Parks and Recreation](#). See details below!

Mindfulness Meditation WORKSHOP

Mindfulness meditation is a mental training practice that brings you and your thoughts into the present, focusing on emotions, thoughts, and sensations that you're experiencing "in the now." While it can be initially difficult to quiet your thoughts, with time and practice you can experience the benefits of mindfulness meditation, including less stress and anxiety.

WHEN
Thursday, May 28, 2020
12:30-1:30 p.m.

WHERE
Live Zoom Meeting

TO REGISTER
Email: jill@peacejoylovelife.com
Phone: (561) 346-5529

peace | joy | love
Life

Palm Beach County Board of County Commissioners
Dave Kerner, Mayor, Robert S. Weinroth, Vice Mayor
Hal R. Valeche, Gregg K. Weiss, Mary Lou Berger
Melissa McKinlay, Mack Bernard
Verdenia C. Baker, County Administrator

In accordance with the provisions of the ADA, this document may be requested in an alternate format. Please call (561) 346-5529.

LET'S MOVE

COMMIT TO CHANGE

If you have a 5th grade student or know one, tell them about this celebration that is just for them!

We know that our 5th graders are missing out on goodbye hugs and celebrations at their elementary schools -- we hope this event gives them something to look forward to!

Email jana@digitalvibez.com to give your 5th grader a special shoutout during the virtual celebration on **Friday, May 8th at 6:00 pm.**

Join the celebration on [Digital Vibez, Inc.](#)'s Facebook or YouTube Live!

JOIN US LIVE ON FACEBOOK, YOUTUBE,
GOOGLE MEET FOR A

5th Grade
Farewell
Celebration

FORTNITE **VS** TIKTOK

FRIDAY, MAY 8TH
6:00PM

To shout out a 5th grader, email: Jana@digitalvibez.com

FOLLOW US



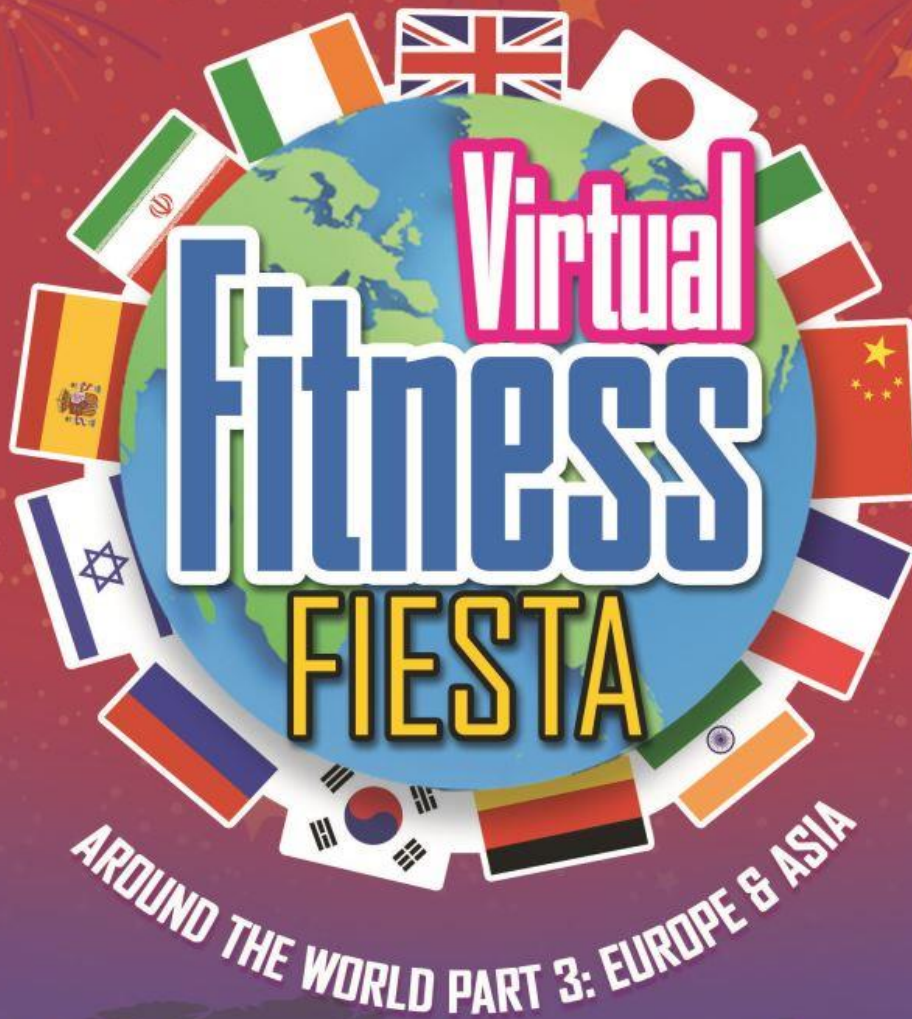
@DIGITALVIBEZINC



Don't forget to dance through Europe and Asia with us in Part 3 of Digital Vibez, Inc.'s Virtual Fiesta Around the World!

Log your physical activity minutes at www.LetsMovePBC.org!

JOIN US LIVE ON FACEBOOK & YOUTUBE
FOR A DANCE PARTY



Friday, May 1st
6:30PM

FOLLOW US



@DIGITALVIBEZINC



Thank you to our *Let's Move* sponsors:



Joe DiMaggio
Children's Health
Specialty Center



Wisaupt, Bray
Asset Management

700 South Dixie Hwy. Suite 205 West Palm Beach,
FL 33401
Copyright 2020

