

Take a Break

Monday Meditation

9:00 am/or
3:00 pm



Wednesday
Midweek
Movement
2:45 pm

Friday Stretch

10:00 am



Join the Wellness team on Zoom for
virtual 15-minute breaks
to help you relax, manage stress, and focus better.

The guided breaks can be done wherever
you are, sitting or standing.

www.pinellas.gov/weekly-breaks



Pinellas County Wellness Program

7/2/25