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SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

May 2023

#MoveinMay

#Together4MH

May is:

National Physical Fitness and Sports Month *Mental Health Awareness Month* *National Salsa Month*

In honor of these observances, we have a few events to share with you.



Your Bulldog Wellness Committee is declaring May as **"Movement and Mental Health"** month. We encourage you to select a way in which you enjoy moving your body (walking, swimming, bicycling, dancing, yoga, etc.) and move for a combined 20 minutes at least five days a week. Physical activity impacts our mental health, sleep habits, stress levels, and mood.

We encourage you to check out a statewide event in support of mental health happening at Scissortail Park on May 20 from 8:30 am to 11:30 am. There is no fee to register: [NAMI Walks Oklahoma - Registration Start](#)

[Scissortail Park | Lower Park](#)
Songbird Plaza & Hill Pavilion
1423 S Robinson Ave
Oklahoma City, OK 73109



For more information on campus/local resources to support your mental health, please visit our Bulldog Center for Health and Well-being in the Wellness Center or contact them at 580.774.3776 or susan.ellis@swosu.edu.

Your Bulldog Wellness Committee will be hosting a **"Salsa Stop"** for employees to enjoy homemade salsa and new salsa recipes on **May 23 from 2:00 pm to 3:30 pm** in the **Student Union lobby**. Check out salsa recipes now at: [Recipes | MyPlate](#)

- 1/2 cup corn (fresh cooked or frozen)
- 1 can black beans (15 ounce, drained and rinsed)
- 1 cup tomatoes (fresh diced)
- 1/2 cup onion (yellow or red) (diced)
- 1/2 cup green pepper (diced)
- 2 tablespoons lime juice
- 2 garlic cloves (finely chopped)
- 1/2 cup picante sauce

Combine, chill, drain, and serve!



[Farmers Market Salsa | MyPlate](#)