

Upcoming Events

RA WELLNESS COMMITTEE MAY IS MENTAL HEALTH MONTH

**May
01**

UHC MENTAL HEALTH BRAINSHARK

Learn more about mental health and the help you have! Whether you're just curious about available resources or have a specific challenge in mind, the information and support options with your United Healthcare coverage can make a difference!

To learn more, [log into Gracehill](#) and under Library, search "Mental Health & Emotional Well-being" complete the course between May 1st through May 26th to be entered in a raffle!

**May
12**

EMPLOYEE PET PHOTO SUBMISSION

May is National Pet Month in the U.S! Nothing compares to the joy of coming home to a loyal companion. The unconditional love of a pet can do more than keep you company. Pets may also decrease stress, improve heart health, and even help children with their emotional and social skills.

In celebration of National Pet Month, employees are asked to share a picture of their pet by Friday, May 12, to be featured on the Dispatch. Submit your pet's name and your favorite thing about them to: wellness@royalamerican.com

**May
18**

ACTIVE SHOOTER LIVE WEBINAR

12:00 - 1:30 PM CST / 1:00 - 2:30 PM EST
Virtual Teams Meeting & 3rd Floor at PC Corp

Join this live webinar presented by Lieutenant Jeff Rogers, Panama City Police Department, on Thursday, May 18th. Active shooter incidents are unpredictable and evolve quickly. This presentation can help to enhance awareness and response to an active shooter incident. All Royal American employee's are encouraged to attend.

For questions contact: Wellness@royalamerican.com