

February is National Heart Month and "Wear Red Day" is Friday, February 1.

Contact your agency Wellness Champion or Denise Heer to see what is have planned around the City for February 1. If you wear red, take a picture and share it with #GoRedRVA for a chance to win prizes! You can also participate in the Healthy Heart Bingo Challenge to earn a nice lunch bag.



\$\$ FINANCIAL WELLNESS \$\$ **BUILD YOUR INVESTMENT PORTFOLIO**

How do you choose your investments? Just looking at past performance or how the markets are doing is usually unwise. Instead, we'll review strategies to help you find the right balance of risk and reward in a diversified portfolio. Presenter: Steve Taylor, ICMA-RC

Date: Thursday, February 7

Time: 10-10:45 a.m.

Location: City Hall; 900 East Broad Street, 9th floor HR Training Room

To register, contact Denise Heer at 646-0007.

Mental Health Awareness

Stamp Out Stigma is taking the opportunity to bring more awareness around mental health after the new year. We will be highlighting the importance of self-care habits to start or try as 2019 begins, as well as share resources and tips on how spread mental health awareness to others. As 2019 gets underway, encourage family, friends, and loved ones to prioritize their mental health in the New Year. Here are some important facts you should know:

- » [1 in 5 Americans](#) experience a mental illness.
- » Depression is the [leading cause of disability worldwide](#).
- » Nearly [60% of adults](#) with a mental illness didn't receive mental health services in the previous year.
- » [60% of people](#) who achieve their New Year's resolutions flop once-or more-before succeeding.
- » Suicide rates tend to be higher [in the spring](#), not the winter.

Click on each of the blue links above to learn more.

Remember, mental illness does not discriminate. Join the City of Richmond to help bring attention to the importance of sharing mental health stories and help improve the lives of millions of Americans living with a mental illness.