

# 2021 MAY

## Mental Health Awareness Month

In conjunction with Mental Health Awareness Month, as celebrated by National Alliance on Mental Illness, the City of Port St. Lucie's Parks & Recreation Department will host guided walks and yoga classes, which are offered free to the public in May.

Feel free to bring a canned food item, which will be donated to the Treasure Coast Food Bank. No water or yoga mats will be provided. Participants should bring their own yoga mat, blanket or beach towel to use during yoga class.

*Saturday*  
May 1  
8:30-9:30 a.m.

Guided Walk - 1.27 miles at Woodstork Trail

1957 SE Hillmoor Drive, Port St. Lucie, FL 34952

Free blood pressure checks by City of Port St. Lucie Employee Health Clinic staff.

*Thursday* May 6  
6-7 p.m.

Yoga Class  
Veterans Park at Rivergate

2200 SE Veterans Memorial Parkway,  
Port St. Lucie, FL 34952

*Saturday* May 8  
8:30-9:30 a.m.

Yoga Class  
Fred Cook Park

400 SE Glenwood Ave.,  
Port St. Lucie, FL 34984

*Thursday* May 13  
6-7 p.m.

Yoga Class  
Winterlakes Park

5241 NW Jannebo St., Port St. Lucie, FL 34986  
Under the airnasium

*Saturday* May 15  
8:30-10:15 a.m.

Guided Walk -.5 mile at 8:30 a.m.  
& Yoga Class at 9:15 a.m.

Woodland Trails Park  
1485 SW Calmar Ave., Port St. Lucie, FL 34953

*Thursday* May 20  
6-7 p.m.

Yoga Class  
The Saints Golf Course

2601 SE Morningside Blvd.,  
Port St. Lucie, FL 34952

*Saturday* May 22  
8:30-9:30 a.m.

Yoga Class  
Community Center

2195 SE Airoso Blvd., Port St. Lucie, FL 34984  
Grassy area near plaza and front of the building

*Thursday* May 27  
6-7 p.m.

Yoga Class  
Veterans Park at Rivergate

2200 SE Veterans Memorial Parkway,  
Port St. Lucie, FL 34952  
In the shaded grassy area near the pavilion

*Saturday* May 29  
8:30-9:30 a.m.

Yoga Class  
Palm Tree Garden at  
The Botanical Gardens

2410 SE Westmoreland Blvd., Port St. Lucie, FL 34952  
Palm Tree Garden is located at the rear  
of the property adjacent to the Event Lawn

Scan Me!



In partnership with

# HealthyU



For more information, contact Parks & Recreation at  
772-878-2277 • [www.PSLParks.com](http://www.PSLParks.com)

Follow social distancing guidelines • Facial coverings recommended

Find us on **Port St. Lucie Parks & Recreation**  
Facebook Group

