CLAREMONT

Powered by upriseHealth

Welcome to the Client Newsletter!

Hello,

May is **Mental Health Awareness Month**, and we invite you and your employees to take part in a month-long focus on mindfulness, mental fitness, and well-being. At Claremont, we're committed to supporting mental health in positive, meaningful ways.

What's Happening in May

Mindful Fridays

Starting **May 9th**, join us for a live Mindfulness Meditation session each Friday at 12pm PT, led by Terre Passero. These 30 minute, guided meditations are designed to help employees reset, breathe, and find calm amidst the work week.

Register for Mindful Fridays

Mental Health Webinars

In addition to our scheduled skill building webinar, we have two live mental health webinars, led by Terre Passero. We encourage you and your employees to register, even if you know you won't be able to attend - they will be recorded

and shared following the conclusion of the event! Don't miss these valuable resources for mental health!

- Mindful Stress Management: **May 1st** at 10am PT
- Self-Care for Caregivers: **May 21st** at 1pm PT

Register for Mindful Stress Management

Register for Self-Care for Caregivers

Introducing **Terre Passero**, founder of Mindful Stress Management, and creator of the POP Stress Now™ method, as our featured **Mental Health Expert** this month!

Terre is a nationally recognized expert in mindfulness and stress management coupled with decades of experience leading teams in the corporate world. She brings a practical, down-to-earth approach to managing stress—offering science-backed tools that are easy to use, even on your busiest days. Her signature approach, POP Stress Now™ (Pause, Observe, Proceed), helps people reset in the moment, reduce reactivity, and respond with greater clarity and calm. Terre's engaging programs have helped thousands—from global businesses to local organizations—build resilience, sharpen focus, and navigate stress with greater ease.

Join us for these special sessions in May and discover powerful, accessible practices you can use right away to feel more grounded, focused, and in control.

Mental Health Awareness Month Calendar

We are excited to share our daily activity calendar for the month of May, to honor and celebrate Mental Health Awareness Month. From recorded webinars, to tips to boost your mental health, we encourage you and your employees to join us each day as we prioritize mental health.

Download the Daily Calendar

How Do You Take Care of Your Mental Health?

In honor of Mental Health Awareness Month, we asked our fellow **Uprisers** how they practice self-care and prioritize their mental health. Read our latest blog to hear from us - and consider asking your own employees to share their stories. Real conversations spark real change!

Check out our latest blog to learn more!

May's Skill Building Webinar

Thursday, May 15th | 12pm PT

Journey toward Happiness

Research shows that happy people feel better, perform better, and live better. But why is this the case, and how can you achieve it? Join Uprise Health for our next skill building webinar and discover how to bring more joy to your personal and professional life. In this session, we'll explore the concept of happiness, its impact on various aspects of your life, and practical activities to boost your satisfaction and fulfillment.

Register

Take our Client Satisfaction Survey

We value your feedback and want to ensure that we are meeting your needs. Please take a few moments to complete our Client Satisfaction Survey. Your input is invaluable to us as we strive to improve our services and provide the best experience possible for you. Thank you in advance for your time and for helping us continue to serve you better.

Take the Survey

Questions? Reach out to your Account Manager!