



May is Mental Health Month

Tabling & Outreach Events

Bus Operations | Tabling Events

Atlantic/Central Base	Monday, May 4	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
Bellevue Base	Tuesday, May 5	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
East Base	Wednesday, May 6	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
North Base	Thursday, May 7	4:00 am - 9:00 am & 1:00 pm - 6:00 pm*
Ryerson Base	Monday, May 11	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
South Base	Tuesday, May 12	4:00 am - 9:00 am & 1:00 pm - 6:00 pm
Tukwila Base	Tuesday, May 12	4:00 am - 9:00 am
Atlantic/Central Base	Wednesday, May 20	10:00 am - 2:00 pm*

*A Making Life Easier representative will be available at this shift



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Rail | Tabling Events

Rail OMF-East	Tuesday, May 12	11:00 am - 1:30 pm* & 6:30 pm - 9:30 pm
Rail OMF -Central	Wednesday, May 13	11:00 am - 1:30 pm* & 6:30 pm - 9:30 pm

*A Making Life Easier representative will be available at this shift





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Vehicle Maintenance | Peer-to-Peer Walk & Talk

North VM, East VM, Bellevue VM	Tuesday, May 5	6:00 am - 1:00 pm
Central VM, Atlantic VM, Ryerson VM	Wednesday, May 6	6:00 am - 2:00 pm
South VM, CSC, Fleet Engineering & Warranty	Thursday May 7	6:00 am - 1:00 pm
North VM, East VM, Bellevue VM	Tuesday, May 12	5:00 pm - 9:00 pm
Central VM, Atlantic VM, Ryerson VM	Wednesday, May 13	5:00 pm - 9:00 pm
South VM & CSC	Thursday, May 14	5:00 pm - 9:00 pm

Wellness Champion representatives will be at your location sometime during the listed timeframe walking around to handout resources, swag, and answer questions.

They will leave items for those they weren't able to talk with.



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Facilities | Safety Meetings

Central Facilities Safety Meeting	May meeting
South Facilities Safety Meeting	May meeting
North Facilities Safety Meeting	May meeting
Power Distribution Safety Meeting	May meeting

Wellness Champion representatives will attend your monthly safety meeting and handout resources, swag, and answer questions. They will leave items for those that weren't able to attend.



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Marine, KSC, & Streetcar | Peer-to-Peer Walk & Talk

Marine & KSC	Wednesday, May 6	6:00 am - 2:00 pm
Streetcar First Hill & South Lake Union	Wednesday, May 6	6:00 am - 2:00 pm
Streetcar First Hill & South Lake Union	Wednesday, May 13	5:00 pm - 9:00 pm

Wellness Champion representatives will be at your location sometime during the listed timeframe walking around to handout resources, swag, and answer questions.

They will leave items for those they weren't able to talk with.