

AWARENESS POSTERS THROUGHOUT AITKIN COUNTY

STOP BY PETALS OF PEACE THIS MAY FOR
RESOURCES, EXPERT ADVICE, AND SUPPORT
ON MENTAL HEALTH. DISCOVER PRACTICAL
WAYS TO CARE FOR YOUR WELL-BEING!

COLORING CONTEST

GRATITUDE GARDENS

"BE SEEN IN GREEN"
AWARENESS FRIDAYS- WEAR YOUR MENTAL HEALTH
RELATED SHIRT, SOCKS, HAT, PIN, ETC

WALK WITH A DOG 5-23 AND TBA

MAY IS MENTAL HEALTH AWARENESS MONTH

NOURISH AND KNOW



CHECK YOUR FAVORITE BUSINESS
FOR AN
AWARENESS POSTER OR A "FLOWER" TO
PLANT
IN A GRATITUDE GARDEN

THANKS TO BLUE CROSS BLUE
SHIELD & PETALS OF PEACE