

AWARENESS POSTERS  
THROUGHOUT AITKIN  
COUNTY

YOGA  
TBA

COLORING  
CONTESTS

POSITIVITY GARDENS

CHAT WITH US AT  
SAMPAGUITA 5/12 5-  
7PM

WALK WITH A DOG  
TBA

# MAY IS MENTAL HEALTH AWARENESS MONTH

LUNCH AND LEARNS



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

THANKS TO BLUE CROSS BLUE  
SHIELD, CAPS AITKIN COUNTY,  
AND PETALS OF PEACE

