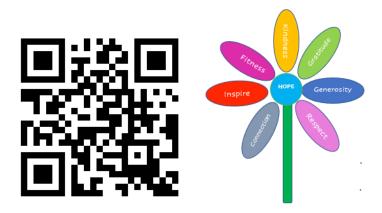
7 DAYS OF EMBRACING HOPE



May 4 – 10, 2025

Join Mental Health America of South Central KS as we embrace hope to celebrate Mental Health Awareness Month.

This is not a fundraiser, nor does it require a lot of time....

What: a campaign to raise awareness of mental health.

Where: literally wherever you are

Why: improve you and your community's mental health

When: May 4-10, 2025

How: register before May 1, then focus on and execute the theme

for each day

Cost: nothing other than a little bit of time

Register Today:

https://forms.office.com/r/z0pdWnnUNb

7 days- 1 goal – Improving mental health



By participating, You can spread mental wellness throughout the community

Once you register,
Look for daily updates
and reminders

Share your acts of Hope with the online world #MHAembracinghope

For more information: hillary.zwetzig@Mhasck.org

Daily Themes:

Kindness
Inspiration
Respect
Generosity
Gratitude
Connection
Fitness