

PLAY ALL MAY

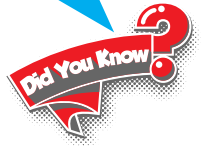


Physical activity boosts energy, reduces stress and anxiety, and improves your chance of living a longer happier life!

MAY

Mental Health Awareness Month

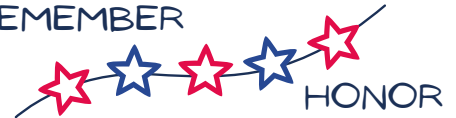
Need immediate help in a crisis? ...Dial or text 988.



MAY 27



REMEMBER



MAY 28

Don't Stop Playing!



ACTION FOR HEALTHY KIDS

The AFHK resource library has videos, activities, and more to utilize at school or at home for improving kids' physical and emotional health.

MAY 29

National Senior Health & Fitness Day

MAY 30

National Water a Flower Day

MAY 31

National Smile Day



Play All May has ended, but the physical activity fun doesn't have to stop here. Smile because it happened!