

# KEV NOJ QAB NYOB ZOO LOS NTAWM KEV SIB RAUG ZOO

KeV sib tw ua Bingo hwm txog lub hlis uas qhia txog kev noj qab haus huv ntawm lub hlwb thiab kev xav



NTAUS  
NTAWV RAU  
LWM TUS  
TIAS KOJ XAV  
TXOG NWS

UA IB YAM  
ZOO PUB RAU  
LWM TUS

NUG, "KUV  
PAB TXHAWB  
KOJ TAU LI  
CAS?"

LUAG NROG  
LWM TUS UA  
KE

PAB LWM  
TUS UA IB  
QHO HAUJ  
LWM

SAU IB TSAB  
NTAWV HAIS  
UA TSAUG  
RAU LWM  
TUS

THOV KEV  
PAB THIAB  
PUB LWM  
TUS PAB KOJ

HAIS LUS  
QHUAS RAU  
LWM TUS

QHIA TXOG IB  
YAM TXIAJ  
NTSIG UAS  
KOJ TXAUS  
SIAB RAU

QHIA LWM TUS  
TXOG IB YAM  
ZOO UAS KOJ  
NCO TXOG

MLOOG TSIS  
TXHOB  
TXIAV LUS

QHIA TXOG IB  
QHO KEV PAB  
CUAM HAUJ  
LUB ZEJ ZOG

QHOV  
CHAW PUB  
DAWB

MLOOG TIB  
ZOO KOM TO  
TAUB LWM  
TUS HAIS

HAIS UA  
TSAUG RAU IB  
TUS NEEG  
HNUB NO

NROG IB PAB  
IB PAWG  
KOOM KEV  
LOM ZEM

TUAV QHOV  
ROOJ PUB RAU  
LWM TUS

MUS XYUAS IB  
TUG NEEG KOJ  
HLUB

QHIA KOJ  
TEJ TXUJ CI  
THIAB KEV  
PAUB RAU  
LWM TUS

TXHOB SIV  
XOV TOOJ  
THAUM  
NROG LWM  
TUS UA KE

NOJ MOV  
NROG LWM  
TUS

NROG LWM  
TUS TAWM  
TSWV YIM  
MUS UA SI

MUS TAUG  
KEV UA SI  
NROG LWM  
TUS

UA HAUJ  
LWM PAB  
DAWB RAU  
IB LUB  
KOOM  
HAUM

QHIA LWM  
TUS TIAS  
LAWV  
MUAJ NUJ  
NQI

*Muaj lus qhia ntxiv nyob sab ram qab.*

# WELLNESS THROUGH CONNECTION

A Bingo Challenge in Honor of Mental Health Awareness Month



Join us in celebrating Mental Health Awareness Month this May by taking small steps to connect with yourself, others, and your community. The Wellness Through Connection Bingo Challenge is a simple way to build connection into your everyday life. Each square on the card represents a small, meaningful act of connection, because staying connected is one of the most powerful ways to support mental wellness.

To participate, complete activities on your bingo card and try to get bingo by completing 5 squares in a row before the end of May. When you get bingo, let us know by scanning the QR code or visiting <https://forms.gle/Edcp6Wwii3uF12j97> to complete a simple form. Everyone who submits the form before the end of May will be entered for a chance to win a prize.

In the spirit of the month, we encourage you to keep completing squares even after you get bingo, because every act of connection makes a difference!

