

# KEV NOJ QAAB NYOB ZOO LUG NTAWM KEV SIB RAUG ZOO

KeV sib tw ua Bingo fwm txug lub hlis kws qha txug kev noj qaab haus huv ntawm lub hlwb hab kev xaav



|  |  |   |   |  |
|--|--|---|---|--|
| NTAUS<br>NTAWV RUA<br>LWM TUG<br>TAS KOJ<br>XAAV TXUG<br>NWG | UA IB YAAM<br>ZOO PUB RUA<br>LWM TUG                   | NUG, "KUV<br>PAAB<br>TXHAWB KOJ<br>TAU LE<br>CAAG?" | LUAG NRUG<br>LWM TUG UA<br>KE                                 | PAAB LWM<br>TUG UA IB<br>QHO HAUJ<br>LWM               |
| SAU IB<br>TSAAB<br>NTAWV HAS<br>UA TSAUG<br>RUA LWM<br>TUG   | THOV KEV<br>PAAB HAB<br>PUB LWM<br>TUG PAAB<br>KOJ     | HAS LUG<br>QHUAS RUA<br>LWM TUG                     | QHA TXUG IB<br>YAAM TXAJ<br>NTSIG KWS<br>KOJ TXAUS<br>SAB RUA | QHA LWM TUG<br>TXUG IB YAAM<br>ZOO KWS KOJ<br>NCU TXUG |
| NOOG TSIS<br>XOB TXAV<br>LUG                                 | QHA TXUG IB<br>QHO KEV PAAB<br>CUAM HUV<br>LUB ZEJ ZOG | QHOV<br>CHAW PUB<br>DLAWB                           | NOOG TUAB<br>ZOO KUAM<br>TO TAUB<br>LWM TUG<br>HAS            | HAS UA<br>TSAUG RUA IB<br>TUG TUAB<br>NEEG NUB<br>NUA  |
| NRUG IB<br>PAAB IB<br>PAWG KOOM<br>KEV LOM ZEM               | TUAV QHOV<br>ROOJ PUB RUA<br>LWM TUG                   | MOOG SAIB IB<br>TUG TUAB<br>NEEG KOJ<br>HLUB        | QHA KOJ<br>TEJ TXUJ CI<br>HAB KEV<br>PAUB RUA<br>LWM TUG      | XOB SIV<br>XUV TOOJ<br>THAUM<br>NRUG LWM<br>TUG UA KE  |
| NOJ MOV<br>NRUG LWM<br>TUG                                   | NRUG LWM<br>TUG TAWM<br>TSWV YIM<br>MOOG UA SI         | MOOG<br>TAUG KEV<br>UA SI NRUG<br>LWM TUG           | UA HAUJ<br>LWM PAAB<br>DLAWB RUA<br>IB LUB<br>KOOM HUM        | QHA LWM<br>TUG TAS<br>PUAB MUAJ<br>NUJ NQE             |

Muaj lug qha ntxiv nyob saab nraag qaab.

# 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!

