



Mental Health Week

MAY 17TH - 23RD 2021

May is mental health month!

Join Minnesota Job's Daughters in spreading awareness on mental health and GBHQ Maddie's charity, National Alliance on Mental Health (NAMI).

Information and tips about mental health will be posted every day. Content will also be sent out to Bethel Guardians so that girls without Facebook can still get this information.

**We will end the week with a Yoga lesson taught by a
MM Piper Beck on May 23rd at 4
Registration link: <http://bit.ly/MNJDYoga>**

Approved by: *Lisa Peterson* Grand Guardian