

# MINNESOTA MONTHLY ANNOUNCEMENTS MAY 2022



## FUN DAYS IN MAY

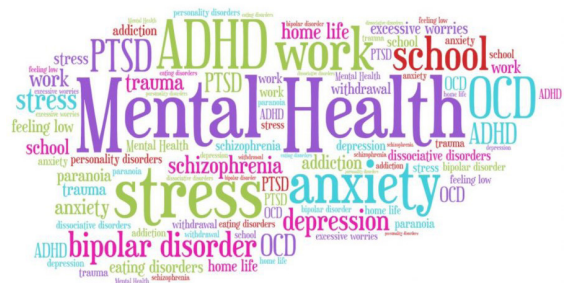
May 4: Star Wars Day  
May 5: Cinco de Mayo  
May 8: Mother's Day  
May 30: Memorial Day



### May is Mental Health Awareness Month



It is a time to raise awareness and reduce the stigmas around mental illness. Each year millions of Americans face the reality of living with a mental illness. NAMI (National Alliance on Mental Illness) is hosting presentations throughout the month of May to help raise awareness, provide support, education the public, and advocate for policies to help people with mental illness and their families. By following this link, you will see many learning opportunities being hosted throughout the month. You are able to register for each event separately: <https://namimn.org/namimn-events/mental-health-month/>



### Cinco de Mayo Event!

The Midtown Global Market will provide a family-friendly, free event celebrating Cinco de Mayo with opportunities for guests to enjoy, including free kids' craft, Mexican Hat Dancing performance - Ballet Folklorico Mexico Azteca, Salsa demo by expert trainer Rene Thompson, Musician Adrian Paz, Bingo. May 7th from 12pm-3pm.

### Nominate someone for a Compass Award!

Want to nominate someone? The form can be found and submitted through the website: <https://www.mainsl.com/compass-nomination/>

### Check out the attached flyers!

- Wellness: Live Well, Work Well May 2022
- 30 Days of Self Care