



Mental Health Week – May 7th to 13th

New Liskeard Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Connect	Take Notice	Be Active	Keep Learning	Give
<p>Morning Chat on CJTT FM</p> <p>Tune in to learn more about Mental Health Week!</p>	<p>Get Loud Street Team</p> <p>Fun trivia game, goodies and more! #GetLoud with the CMHA Street Team</p>	<p>Pole Walking for CMHA Clients</p> <p>1:30 p.m.</p> <p>Meet at Spur Line</p>	<p>CSCT Community Walk</p> <p>Five Ways to Well-Being Presentation – Community Living By Lynne Marwick</p>	<p>Wear Green to celebrate the week!</p>