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| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  |  |  | **1** | **2** | **3** | **4**  Stomp on Stigma 5K |
| 5 | **6** | **7** | **8** | **9**  **Yoga & art** | **10** | **11** |
| 12 | **13** | **14** | **15**  **Good Food** | **16** | **17**  **Practicing Mindfulness** | **18** |
| 19 | **20** | **21**  **Nature Walk** | **22** | **23** | **24** | **25** |
| 26 | **27** | **28** | **29**  **Wellness**  **Walk** | **30** | **31** |  |

**Practicing good**

**self-care is the foundation of mental health well-being. Join us this month for a variety of presentations and events to promote total wellness!**

**Events**

**Saturday May 4- Stomp on Stigma 5k Run/Walk- 10:00 am IRA Civic Center -** sponsored by Children’s Mental Health.Proceeds donated to area agencies. Registration found at [www.namigrandrapidsmn.org](http://www.namigrandrapidsmn.org) in the calendar tab, under May.

**Thursday May 9 - Yoga and ART! – MacRostie Art Gallery 5:00 pm-** Surround yourself with beautiful art and practice an hour of yoga with Katie Thies, Certified Yoga Instructor. Learn the benefits of yoga for relaxation, strength, balance, mindfulness and positive affirmation. No experience needed!

**Wednesday May 15- Good Food! - Noon - Kielser Wellness Center-** Join Kristin Klinefelter, Registered Dietician, and members of Kiesler Wellness Center for a delicious and nutritious lunch. Kristin will discuss the ease and benefits of healthy eating! No charge – lunch provided by NAMI GR.

**Friday May 17 - Practicing Mindfulness – 10:00 -12:00 Blandin Foundation**- Jim Christian, Licensed Marriage and Family Therapist will teach us how to “slow down” and practice Mindfulness in our everyday life. Learn the benefits of “mindfulness” as opposed to “mindlessness”. This is an opportunity to feel good!

**Tuesday May 21 –NAMI Education Meeting - Nature Walk- 6:30 Grand Rapids Public Library-**

John Latimer, phenologist will take us on a short nature walk (weather permitting). Enjoy the magic of the natural world; you will learn how a walk can both calm and recharge our energy! “From the tallest trees to the most insignificant insect, all capture part of my attention and help me to focus on what is really important.”

**Wednesday May 29th - Kiesler Wellness Walk- 11:00 Itasca Family Y**- Join us for the annual Kiesler Wellness Walk! Dr. Toni Youngdahl will kick-off our walk with a Doc Talk presentation. Walk from Itasca Family Y to Kiesler Wellness Center. Prior to lunch, hosted by Kiesler Wellness Center.