

MAY

Family Services

Newsletter

Family Services Department

Providing services to build a stronger and healthier community.

INSIDE THIS ISSUE:

- Staff Information
- Event Calendars
- DV/HIV Resources
 - Pictures
 - Family Tips
 - Youth Tips

- ✓ Fitness/Cardio
- ✓ Youth Education Program
- ✓ Family Events
- ✓ Field Trips
- ✓ Activities for youth and adults



Building closed:

5/27/24

PROGRAMS OFFERED:

Domestic Violence and Sexual Assault Program: Providing advocacy, counseling and client services to those effected by domestic violence and sexual assault. To qualify, you must live in the S/M service area.

Low Income Program: Providing advocacy, counseling, client services and tools to become self-sufficient. To qualify, you must live in the S/M service area and meet the income guidelines.

Shelter Services: Providing families and individuals returning to the community to find employment or to seek other services. To be eligible, you must be a community member.

Youth Education Program: After school program for youth grades K-12th. This service is provided Monday-Friday until 5:30pm. Healthy snacks, light meals, games, field trips and ATODA education and prevention.

Fitness: Providing incentives, exercise and weight equipment Monday-Friday 6am-8pm.

Family/Youth Activities: Provide daily activities and weekly or monthly field trips.

HIV/AIDS and Self-Care: Provide education and lessons to community and youth on prevention, supply free condoms and other self-care items.

Located at the Mohican Family Center
18605 Oak St

715-793-4080/715-793-4905

Crystal Malone
Human Services Manager
715-793-4032

Kori Price
Family Services Manager
715-793-4905

Steven Duffek
Community Services Worker-Fitness
715-793-4803

Anthony Sullivan
Community Services Worker-Fitness
715-793-4803

Cheryl Pieper
Community Services Worker-Recreation
715-793-4080

Jani Webster
Community Services Worker
715-793-4080

Jadin Parker
Community Services Worker
715-793-4080

Joe Miller
Security Manager
715-793-4080

Joleen Kroening
Client Services Advocate
715-793-4863

Linda Rudesill
Community Services Worker-Education
Grades K-2nd
715-793-4085

Rikki Gulbronson
Community Services Worker-Education
Grades 3rd-5th
715-793-4085

Trinity Malone
Community Services Worker-Education
Grades 6th-12th
HIV/AIDS Prevention Worker
715-793-4085

LaKeisha Williams
Events Coordinator
715-793-4906

*Domestic Violence
Services for
Victims
And Survivors*



**Stockbridge-Munsee
Family Services Program
N8605 Oak St
Bowler, WI 54416**

**Kori Price
Family Services Manager
715-793-4905**

**Joleen Kroening
Client Services Advocate
joleen.kroening@mohican-nsn.gov**

715-793-4863

FREE. 24/7. CONFIDENTIAL
NATIONAL DOMESTIC VIOLENCE
HOTLINE
1(800) 799-7233

31-DAY FAMILY MENTAL HEALTH Challenge

Boost Challenge

				1 COLOR MANDALAS	2 SLEEP PLAN	3 SUPPORT MAP	4 SEND COMPLIMENTS
5 LAUGHING YOGA	6 TAKE A NEW ROUTE	7 START JOURNALING	8 REMINISCENCE	9 DIG IN THE DIRT	10 BOOK TALK	11 SET INTENTIONS	
12 BRAIN SELF-PORTRAIT	13 GIVE SOMETHING AWAY	14 MAKE A MANTRA	15 REST TIME	16 FUNNY FACES	17 EXPRESS STRESS	18 RESILIENT MOVIES	
19 OUTDOOR ADVENTURE	20 FEELINGS THERMOMETER	21 TURN OFF ADS	22 CATCH A SUNSET	23 REVIEW HOTLINES	24 PLAN FOR FUN	25 60 SCREEN-FREE	
26 DIY SPA DAY	27 SHORT FILMS	28 LEARN TAPPING	29 EMOTIONAL DANCE PARTY	30 DAILY CHECK-IN	31 GRATITUDE NOTES		

10 WAYS FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH

TIPS AND ADVICE



Regularly check in with each other by asking simple questions (E.g how are you feeling today?)

1



Don't be afraid to talk openly about your mental health

2



Support and listen genuinely to each other. Care for each others feelings and emotions

3



Be a positive role model. Practice self care among your family members

4



Schedule in some family time to relax and take care of your mental health

5



Stay in touch with each other. A text or email can go a long way

6



Show your family member that you are there for them

7



Take time to understand what it is your family member is going through

8



Be patient. Don't criticise and be aware of how you talk to your family member. Encourage and support.

9



Tell them that you are proud of them for talking about their mental health

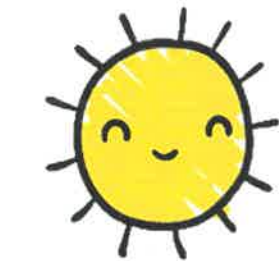
10



Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.












May

Recreation and Events



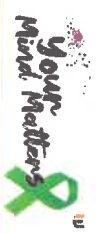
2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cheryl 10am-6pm Lakenisha noon-8pm Jani 2pm-8pm</p>	<p>Online Facebook Activities</p>		<p>Mother Goose Day Family Event Pick up noon to 5pm</p>	<p>Harry Potter Trivia Night 6pm-7pm Boxing</p>	<p>Elder Club 10am-3pm Star war and MMLW Facebook activity</p>	
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>Bake off Mexican Dish dishes due by noon</p>	<p>Boxing Mental Health Awareness Activities Hand Paraffin Wax</p>	<p>Open Gym</p>	<p>Open Gym</p>	<p>Open Gym</p>	<p>Elder Club 3pm to 8pm</p>	<p>Mother / Daughter Day 10am to noon</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
	<p>Boxing Credit Rehab workshop 5pm-7pm</p>	<p>Sewing Circle 5pm-7pm</p>	<p>Police Week Snacks at 11 to 1pm BBC Take and Bake noon to 1pm</p>	<p>Boxing Mental Health Awareness Activity/ Chair Massages</p>	<p>Elder Club 10am -3pm</p>	
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>Family</p>	<p>Open Gym</p>	<p>Mental Health Awareness Activity/ Hand war with massage Boxing</p>	<p>Open Gym</p>	<p>Ems luncheon 11am to 1pm</p>	<p>Elder Club 5pm to 8pm</p>	
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	
	<p>Closed</p>	<p>Sewing Circle 5pm-7pm</p>	<p>Book Club 6pm-7pm</p>	<p>Open Gym</p>	<p>Elder Club 10am-3pm</p>	
<p>Photography submissions due on 05/28/24</p>	<p>Watch for community field trips posted on Facebook and on the bulletin board</p>	<p>CULTURE</p>	<p>All activities subject to change or cancel at anytime</p>			

May

Fitness Program






2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Steven 6am to 2pm Tony 11:30 to 8pm 715-793-4803						
Mine 4 Body Challenge May Mental Health Awareness	5 Strong Bones 10am	6 Strong Bones @noon	7 Ella B. Exercises 10am Strong Bones @1pm	8	9 Strong Bones 8am	10 Strong Bones 8am
Mine 4 Body Challenge May Mental Health Awareness	12 Strong Bones 10am	13 Strong Bones @noon	14 Ella B. Exercises 10am Strong Bones @1pm	15	16 Strong Bones 8am	17 Strong Bones 8am
Mine 4 Body Challenge May Mental Health Awareness	19 Strong Bones 10am	20 Strong Bones @noon	21 Ella B. Exercises 10am Strong Bones @1pm	22	23 Strong Bones 8am	24 Strong Bones 8am
Mine 4 Body Challenge May Mental Health Awareness	26 Closed	27 Strong Bones @noon	28 Ella B. Exercises 10am Strong Bones @1pm	29	30 Strong Bones 8am	31 Strong Bones 8am
Youth fitness Daily at 3:45pm	Weight room 18 years and older 15-17 years old must complete training program Weight room 18 years and older		Cardio room 18 years and older 15-17 years old must have parental Permission and Fitness Assistant approval		No kids under the ages of 14 are allowed in the weight/Cardio Room	
						

May

Youth Education Program k-2nd grade

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10am to 6pm 715-793-4080</p> 						
<p>5</p>  <p>Cultural Teaching with Barb/Jani Fitness/Gym Time</p>	<p>6</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>7</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>8</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>9</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>10</p> <p>Relax and recharge activity</p>	<p>11</p> 
<p>12</p> <p>Fun educational lessons, games and free time, crafts</p>	<p>13</p> <p>Cultural Teaching with Barb/Jani Fitness/Gym Time</p>	<p>14</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>15</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>16</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>17</p> <p>About my family Activity</p>	<p>18</p>
<p>19</p> <p>All fields trips are incentives and based on participation and behavior</p>	<p>20</p> <p>Cultural Teaching with Barb/Jani Fitness/Gym Time</p>	<p>21</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>22</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>23</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>24</p> <p>Scavenger Hunt Activity Team Building</p> 	<p>25</p>
<p>26</p> <p>All Fields are TBA permission slips will be sent home with youth</p>	<p>27</p> <p>Office Closed Memorial Day</p>	<p>28</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>29</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>30</p> <p>McGruff ATODA Lessons Fitness/Gym Time</p>	<p>31</p> <p>What are manners activity</p>	
	<p>Cultural</p>	<p>ATODA</p>	<p>ATODA</p>	<p>ATODA</p>	<p>Interpersonal Skills</p>	

May

Youth Education Program
Grades 3-5th

2024

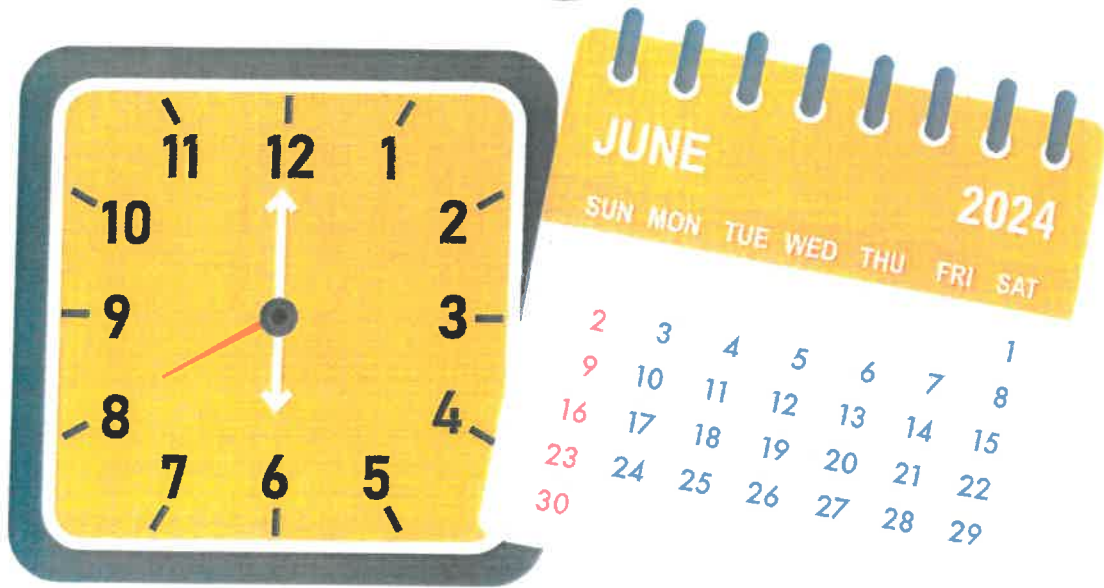
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 ATODA LESSONS Fitness/Gym Time	6 ATODA LESSONS Fitness/Gym Time	7 ATODA LESSONS Fitness/Gym Time	8 ATODA LESSONS Fitness/Gym Time	9 CULTURE TEACHING w/ MISS JANI INDEP. LIVING SKILLS 5TH GRADE ONLY	10 LIFE TRANSITION LESSONS Fitness/Gym Time	11 
12 Fun educational lessons Game time, crafts	13 ATODA LESSONS Fitness/Gym Time	14 ATODA LESSONS Fitness/Gym Time	15 CULTURE TEACHING w/ MISS JANI INDEP. LIVING SKILLS 5TH GRADE ONLY	16 CULTURE TEACHING w/ MISS JANI INDEP. LIVING SKILLS 5TH GRADE ONLY	17 LIFE TRANSITION LESSONS Fitness/Gym Time	18
 19 ATODA LESSONS Fitness/Gym Time	20 ATODA LESSONS Fitness/Gym Time	21 ATODA LESSONS Fitness/Gym Time	22 CULTURE TEACHING w/ MISS JANI INDEP. LIVING SKILLS 5TH GRADE ONLY	23 CULTURE TEACHING w/ MISS JANI INDEP. LIVING SKILLS 5TH GRADE ONLY	24 LIFE TRANSITION LESSONS Fitness/Gym Time	25
 26 ATODA LESSONS Fitness/Gym Time	27 ATODA LESSONS Fitness/Gym Time	28 ATODA LESSONS	29 CULTURE TEACHING w/ MISS JANI INDEP. LIVING SKILLS 5TH GRADE ONLY	30 LIFE TRANSITION LESSONS Fitness/Gym Time	31 	

FIELD TRIPS ARE TBD
 permission slips will be
 sent home with youth

FIELD TRIPS ARE
 INCENTIVES BASED ON
 PARTICIPATION AND
 BEHAVIOR

Rikki Gulbranson
 715-793-3514
 11am-7pm

New Friday Closing Hours



Starting in June, we
will be closing at
6:00 PM every Friday

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

11th Annual

FATHERHOOD DAY

MALES OF ALL AGES WELCOME!



MOHICAN FAMILY CENTER

SATURDAY
JUNE 15TH
10AM-12PM

LIMITED SPOTS

DOOR PRIZES!

Must sign up by 05/17/24

Donate new socks and underwear for all ages to Bree's closet to be eligible to get a gift card!

FUN ACTIVITIES!

ATODA, HIV, & DV EDUCATIONAL BOOTHS

For more Information and Sign up Contact:

Client Services Advocate | Joleen Kroening



715-793-4863



joleen.kroening@mohican-nsn.gov



**SIGN UP
TODAY!**



Youth Education Program
Culture Club

Every Monday from
4:30pm-6:00pm

DO YOUR YOUTH WANT TO
PARTICIPATE IN LEARNING MORE
ABOUT OUR CULTURAL PRACTICES
AND TEACHINGS?

SIGN UP FOR CULTURE CLUB!

*PERMISSION SLIP REQUIRED



FOR MORE INFO OR TO SIGN UP TALK TO
YOUR CHILD'S YEP TEACHER OR CONTACT

LAKEISHA WILLIAMS | (715) 793-4906
LAKEISHA.WILLIAMS@MOHICAN-NSN.GOV





IMPORTANT

>>> ANNOUNCEMENT <<<

Youth Education Program will be closed on the following dates

**August 13th
August 14th
August 29th**

Thank you for your patience
and understanding

For more information or questions:

715-793-4080

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

Celebrate **National** **Mother Goose Day** **ON MAY 1ST!**

**LIMITED
SPOTS!**



**PICK-UP
WEDNESDAY
MAY 1ST**

12PM-5PM
**@The Mohican
Family Center**



REGISTER BEFORE APRIL 26TH

**Enjoy a nursery rhyme book and light
snack with your family!**

Share a photo of your family engaging in the Mother Goose Day activity
to our Families & Youth Education and Services Facebook page!

For more Information and Sign up Contact:



715-793-4906



lakeisha.williams@mohican-nsn.gov

MOHICAN BOXING

5/2, 5/7, 5/13, 5/16, + 5/21
START TIME IS 3:00PM

@MOHICAN FAMILY CENTER
N8605 OAK ST, BOWLER, WI, 54416

- ATHLETES OF
ALL AGES
WELCOME
- VOLUNTEERS/
INSTRUCTORS
WELCOME

FOR MORE INFO OR QUESTIONS

call us at
(715) 793-4906

email
lakeisha.williams@mohican-nsn.gov

Please note that the event is subject to change or cancellation at any time due to unforeseen circumstances. We reserve the right to change the date or cancel the event if necessary.

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HARRY POTTER TRIVIA NIGHT

Tease Your Brain &
Win fun Prizes!

The first 12 people
to RSVP will receive
a goodie bag!

Thursday
May 2nd
6:00pm - 7:00pm

Light snacks
and drinks
&
Door prizes!

📍 Mohican Family Center



More Information & Sign Up :
Events Coordinator | LaKeisha Williams
(715) 793-4906 | lakeisha.williams@mohican-nsn.gov

MAY THE
FOURTH
BE WITH
YOU



Missing You, My Sister

#MMIW

Lou-ann Neel ©

Tune in on May 3rd to our Facebook page
'Families & Youth Education and Services'
to participate in trivia questions for:
MMIW Day 5/5/24 and
May the Fourth be with you Day 5/4/24
for a chance to win a small prize!

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

ELDER 55 AND UP CLUB

JOIN US FOR SNACKS, CONVERSATION,
PUZZLES, CRAFTS, AND MORE!

MAY 3RD
MAY 17TH
MAY 31ST
10:00AM - 3:00PM

MOHICAN
FAMILY
CENTER

Call for more details

(715) 793-4080



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STOCKBRIDGE-MUNSEE COMMUNITY FAMILY

SERVICES DEPARTMENT PRESENTS

MEXICAN DISH

COOK-OFF

Get ready for a tasty adventure!

Show off your cooking/baking talents with Mexican based dishes.



How It Works:

- Pick a dish to bake/cook at home
- Drop off your dish on May 6th by 11:30am
- Judging starts at noon
- Winners announced after 3:00pm
- Prizes for the top 3 winners
 - Homemade dishes only
 - Provide a list of ingredients for allergies
 - Bring enough for judging and tasting

 **Mohican Family Center**
N8605 Oak St Bowler, WI 54416

Call for more details

LaKeisha Williams 715-793-4906
lakeisha.williams@mohican-nsn.gov

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**JOIN US FOR NATIONAL
MENTAL HEALTH AWARENESS MONTH!
MENTAL HEALTH CARE**

with Ol' Way Healing & Gifts

TUESDAY MAY 7TH:	PARAFFIN WAX	5:00PM-7:00PM
THURSDAY MAY 16TH:	CHAIR MASSAGE	5:00PM-7:00PM
TUESDAY MAY 21ST:	HAND MASSAGE	5:00PM-7:00PM

- Sign up is required due to limited time slots. Please email to reserve your spot
- Sessions are available on a first-come, first-served basis, so be sure to reserve your time slot early!



For more Information and Sign up Contact:

**LaKeisha Williams 715-793-4906
lakeisha.williams@mohican-nsn.gov**

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

ELDER 55 AND UP CLUB

JOIN US FOR SNACKS, CONVERSATION,
PUZZLES, CRAFTS, AND MORE!

MAY 10TH | MOHICAN
MAY 24TH | FAMILY
5:00PM - 8:00PM | CENTER

Call for more details

(715) 793-4080



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10th Annual

Mother and Daughter Day Event

Females of all ages welcome!

ATODA, HIV, & DV
educational booths

Fun activities!

Door Prizes!

**SIGN UP
CLOSED**

REMINDER TO THOSE SIGNED UP!

Donate new socks and underwear for all ages to
Bree's closet to be eligible to get a gift card!

Saturday, May 11th, 2024
10:00am-12:00pm

 Mohican Family Center

For more Information and Sign up Contact:

Client Services Advocate | Joleen Kroening

 715-793-4863  joleen.kroening@mohican-nsn.gov

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SPRING SEWING CIRCLE AT THE MFC

Join LaKeisha this month, – May 14th and 28th, both starting from 5:00-7:00pm. We'll be opening up a space with sewing machines, limited fabric and ribbons, table space, and LaKeisha will be there to help if anyone needs assistance searching patterns or finding sewing solutions.

May 14th and 28th
5:00 pm - 7:00 pm

N8605 Oak Street Bowler, WI 54416



Call for more details
(715) 793-4080

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.



Join us to celebrate
POLICE WEEK

Join us to celebrate and show our appreciation for our local law enforcement!

We will have light snacks and have local law enforcement present to visit with.

WEDNESDAY MAY 15TH
11:00AM - 1:00PM

Call for more details
(715) 793-4080

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Take AND Bake



LIMITED SPOTS | SIGN UP IS REQUIRED

To promote inclusivity, previous participants may be placed on a waitlist to allow new sign ups a chance to participate in Take and Bake

Sign up by: **May 6th, 2024**

Pick up on: **May 15th, 2024**
12:00pm - 6:00pm

Pickup @ Mohican Family Center



More Information & Sign Up :
Events Coordinator | LaKeisha Williams
P: (715) 793-4906 E: lakeisha.williams@mohican-nsn.gov

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JOIN US TO CELEBRATE NATIONAL EMS WEEK APPRECIATION LUNCHEON!

MAY 23RD, 2024
11AM-1PM



Stop in Thursday the 23rd to show appreciation to our local EMS workers, lunch, and good conversation!

CALL FOR MORE DETAILS
(715) 793-4080

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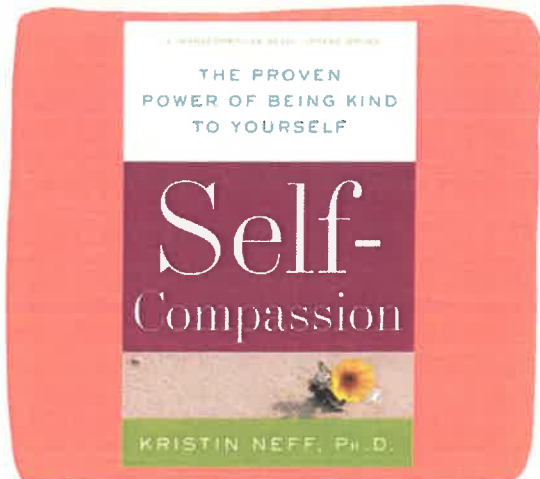


TO PROMOTE INCLUSIVITY, PREVIOUS PARTICIPANTS MAY BE PLACED ON A WAITLIST TO ALLOW NEW SIGN UPS A CHANCE TO PARTICIPATE

FIRST 15 PARTICIPANTS TO SIGN UP WILL RECEIVE A FREE BOOK!

SIGN-UP IS REQUIRED


LIGHT SNACKS



**SELF-COMPASSION
BY KRISTIN NEFF**

**MAY 29TH, 2024
6:00PM - 7:00PM
MOHICAN FAMILY CENTER**

**For more Information
and Sign up Contact:**

 **715-793-4906**

 **lakeisha.williams@mohican-nsn.gov**

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CAPTURE THE MOMENT

PHOTOGRAPHY SUBMISSIONS

Ready to show off your pics of our community?



Submit your photos on and around our reservation throughout May 2024 for a chance that your photo could be chosen to be posted on our Facebook page and a chance to receive a small prize if chosen as the "Photo of the Day" throughout June!

Submit your photos by email or messenger
All submissions due: 5/31/2024

For more Info and Submissions Contact:

✉ lakeisha.williams@mohican-nsn.gov

☎ 715-793-4906

f Families & Youth Education and Services Facebook Page

Please be aware that all events are subject to change or cancellation in unforeseen circumstances. We reserve the right to modify the date or cancel any events if needed.

MILE MOCS

WALKING CLUB

Join our community of walkers and
set your own walking goals!

**Walk whenever and wherever it
suits you. Stay active and earn
rewards by tracking your progress!**

Sign up at the Mohican Family Center to receive a
tracking sheet and begin your walking journey!

**THIS WILL BE A CONTINUOUS PROGRAM TO
PROMOTE WALKING AND HEALTHY HABITS**

For more Information and Sign up Contact:



715-793-4906



lakeisha.williams@mohican-nsn.gov

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MIND 4 BODY CHALLENGE!

MAY IS MENTAL HEALTH AWARENESS MONTH

JOIN US IN THE MONTH OF MAY
TO CHALLENGE YOURSELF!

DO 30 MINUTES OF EXERCISE FOR
THREE DAYS EACH WEEK AT THE MFC
OR OUTSIDE. THE CHALLENGE WILL RUN
FROM: **MAY 5TH-MAY 31ST, 2024**

YOU CAN PICK UP A TRACKING SHEET
FROM THE FAMILY CENTER. SLIPS MUST
BE TURNED IN EVERY FRIDAY AND
DRAWINGS WILL BE EVERY MONDAY

EXERCISES FOR IMPROVING MENTAL HEALTH

WALKING	HIKING
RUNNING/JOGGING	ROCK CLIMBING
CYCLING	TEAM SPORTS
SWIMMING	TENNIS
STRENGTH TRAINING	GOLF
HIIT TRAINING	ROWING
YOGA	JUMP ROPE
PILATES	TAI CHI
DANCING	QI GONG
MARTIAL ARTS	STAIR CLIMBING

CHALLENGE YOURSELF! STOP BY THE
MOHICAN FAMILY CENTER TODAY TO
PICK UP YOUR TRACKING SHEET!

MORE INFORMATION:

LaKeisha Williams 715-793-4906
lakeisha.williams@mohican-nsn.gov



REDUCED
STRESS

IMPROVED MOOD
AND MENTAL
CLARITY

MENTAL HEALTH BENEFITS
OF EXERCISE

RELEASES
ENDORPHINS
TO ENERGIZE
YOUR SPIRITS

INCREASED
MOTIVATION,
FOCUS AND
LEARNING

SENSE OF
CONTROL
OVER YOUR
WELLBEING

CAN
STIMULATE
REST AND
RELAXATION



For more information on prevention and education

Contact: Trinity Malone at 715-793-4807

May 19th is



**National Asian &
Pacific Islander
HIV/AIDS
Awareness Day**

National Asian & Pacific Islander HIV/AIDS awareness day is an annual event to increase awareness of HIV stigma among Asian & Pacific Islander communities and promoted HIV prevention and treatment. Asians accounted for 2 percent of all new HIV infections in 2018.

**FOR MORE INFORMATION CONTACT:
TRINITY MALONE
(715)-793-4807
TRINITY.MALONE@MOHICAN-NSN.GOV**