

**MAY IS
MENTAL HEALTH
AWARENESS MONTH**



Mental Health Awareness Day

May 24th, 9am – 12pm

@ The Villages Library, Pinellas Plaza

7375 Powell Road, Wildwood, FL 34785

Learn about the resources and tools for self-care available in your community!

- Mental Health Matters
 - Self-Care
 - Resources & Finding Help
 - Social Connection / Helping Others
- Community Outreach / Watching Out for You



AMAC FOUNDATION | amacfoundation.org
info@amacfoundation.org | 888-750-2622

