

MAY IS

MENTAL HEALTH AWARENESS MONTH

M	A	Y	2	0	2	5
SUN	MON	TUES	WED	THURS	FRI	SAT
			30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



**ASHLAND
PUBLIC SCHOOLS**



JOIN ASHLAND'S COMMUNITY EVENTS

ART SAVES ASHLAND

*A CREATIVE COMMUNITY EVENT
PROMOTING MENTAL HEALTH & THE
ARTS*

WHEN: THURSDAY MAY 15
4-6:30PM

WHERE: ASHLAND HIGH SCHOOL

COFFEE, CORE & CONNECTION:

*A MINDFUL MORNING @
THE CORNER SPOT*

FREE MAT PILATES CLASS
WHEN: SUNDAY MAY 18,
9AM

WHERE: THE CORNER SPOT

MENTAL HEALTH ICE CREAM- A SWEET DEAL!

*DURING MENTAL HEALTH AWARENESS
MONTH, ORDER MINDFUL MINT, A
SPECIALTY FLAVOR!*

WHEN: 4/30-5/31

WHERE: SUB ZERO NITROGEN ICE
CREAM, ASHLAND

'INSIDE OUT 2' MOVIE NIGHT

WHEN: WED. MAY 21, 5PM

WHERE: ASHLAND PUBLIC
LIBRARY

REGISTRATION IS NOT REQUIRED