

MAY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 HZ AM/ FV PM	2	3	4	5
6 PHS - AM ONLY ASMMC Nurses Day Presentation 1200	7	8 PV AM/RV PM	9	10	11	12
13 PHS All Day	14	15 HZ AM/ FV PM 	16	17	18	19
20 PHS All Day	21	22 PV AM/RV PM	23	24	25	26
27 MEMORIAL DAY	28	29 FV 1:30-2:30p Healthy Living Program - 1st Grade Classrooms	30	31	DO WHAT MAKES YOU HAPPY The <i>International Day of Happiness</i> website states, "Smile, share, eat healthily, exercise, be grateful, give back, think positively, spend some time with friends and family, spend some time alone, be mindful, dream, listen to music, say thank you and mean it, compete, be charitable, say 'all the more' instead of 'nonetheless' - you get it."	



RESOURCE FAIR
FREE and open to the public!

TUESDAY, MAY 14, 2019

Location:
The Salvation Army Fellowship Hall
710 Pennsylvania Avenue, Sheboygan
4:00 - 7:00 pm


DOOR PRIZES
FREE FOOD
KIDS CRAFT AREA & FACE PAINTING
COMMUNITY RESOURCES

Help is out there in our community.

Questions?
Contact Mental Health America in Sheboygan County
(920) 458-4951
info@mhshsheboygan.org

Financial help with metered parking provided between 4:00 - 5:00 pm for those in need of assistance.

Wellness Onsite at PJSB



Michelle Urbaneck, RN

Please stop by or feel free to email me if you would like to set up a time to meet about your personal health/wellness goals.

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