

Mental Health Awareness Month Activities Outline

Dear [Recipient's Name],

As we approach Mental Health Awareness Month, we are excited to share our planned activities to promote mental wellness in our community.

Activities Overview

- **Weekly Workshops:** Every Saturday from 10 AM - 12 PM
- **Guest Speaker Series:** Featuring mental health professionals on various topics.
- **Mindfulness and Meditation Sessions:** Every Wednesday at 6 PM.
- **Community Walk:** A group walk to promote mental health awareness on the last Sunday of the month.

Key Dates

- May 1: Kick-off Event
- May 10: Guest Speaker on Stress Management
- May 20: Mindfulness Seminar
- May 31: Community Walk

We encourage everyone to participate and spread the word about these important initiatives. Together, we can create a supportive environment focused on mental well-being.

Thank you for your attention and support!

Sincerely,
[Your Name]
[Your Title]
[Your Organization]