



Mental Health Awareness Month

Thank you to everyone who participated in our wellness activities and shared photos! We appreciate you taking the time to engage, connect, and help create a positive and supportive workplace culture. It has been great seeing the different ways staff are prioritizing wellness, creativity, and self care throughout the month.

Be sure to look through all of the photos and captions submitted by staff. One employee who submitted a photo will be randomly selected and announced on the last slide to win a gift card and water bottle.



**My daughters bridal shower was this month. All my girls together, made my mom heart overflow!
- Darci Roesler**



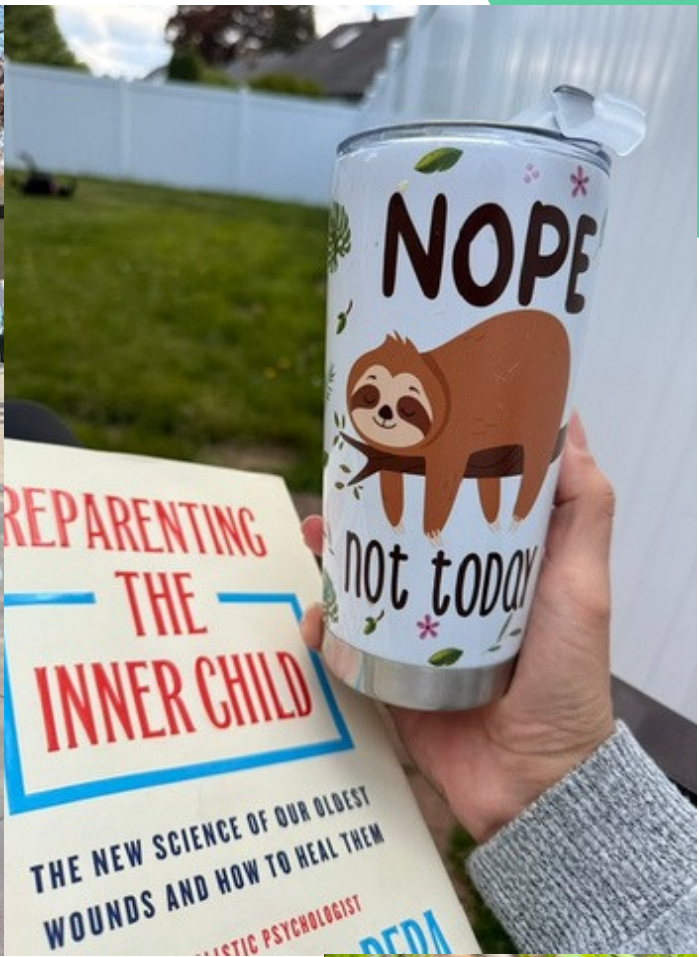
**Biking with friends
- Suzie Howe**



**My first European vacation
- Erin Nelson!**



After a 50-year "gap year," my Dad graduated with his bachelor's from St. Cloud State at the age of 70...and was chosen to be the student speaker! And I was reunited with my siblings after three long years!



"Spring wildflowers feel like the earth whispering, 'I know things got dark but look what I kept alive underneath it all!' And I think that might be one of my favorite metaphors for life." -Paul Avellino

-Becky Silker





Dogs prove that the purest love doesn't need words, just presence.

- Karrie Hahn



There is no better way to end 26.2 miles than with my boys at the finish line

- Emily Meyer



I wanted to share moments of my daughter's (fur baby included), doing things they love, which brings joy to my life!

My daughter Charlotte participated in a 5th grade play, and was a "hair brush" LOL

My daughter Lilliana, has played countless soccer games this month.

My fur daughter, Nova, loves enjoying the sun and green grass!

- Tami Taylor



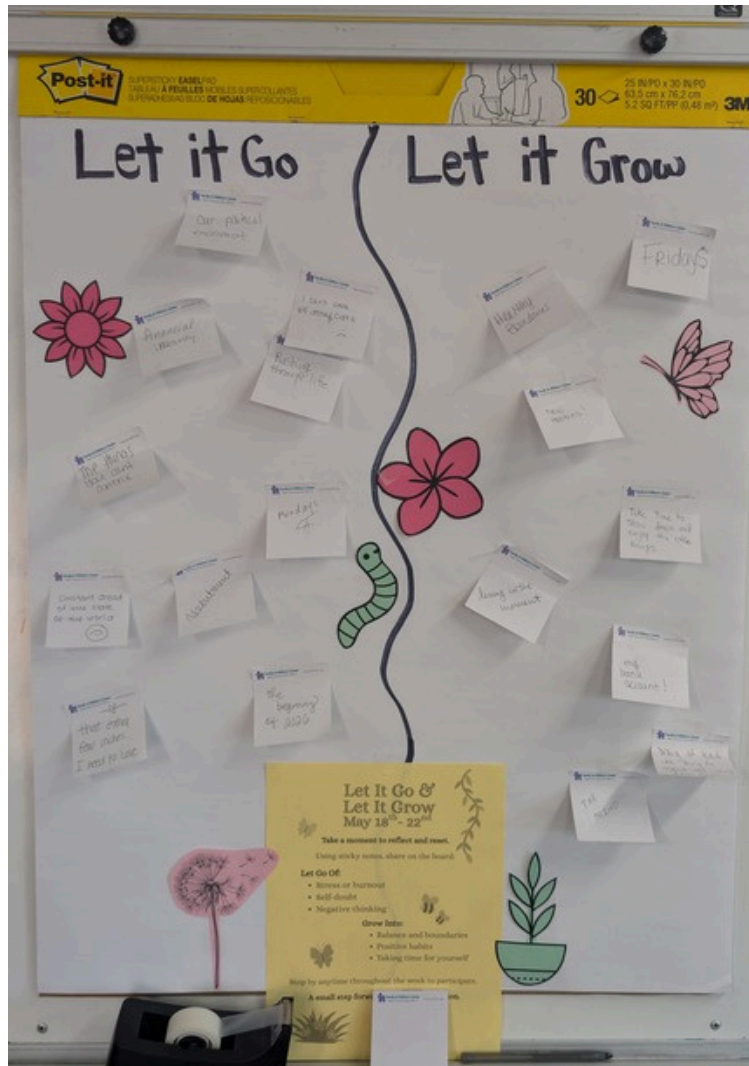
**Watching my children excel in all they do brings me great joy!
Here is my oldest, Jocelyn, receiving an award and scholarship
for being a "Good Citizen"
-Mary Jacobson**



Good things take time.
- Corieyanna Roberson



**Made May Day flower baskets for some friends and family
- Sydney**



Wellness Walk & Board Activity



Planting Activity



Home improvement projects are my jam! - Rich Petro



My nephew and daughter hanging out together on the trampoline when we traveled to Indiana over Memorial Day weekend - Jamaica Dismukes



Book Bingo - Aileen Abliss



Meep does a great job at reminding me to take it slow and relax! - Eden Newell

And the Winner is....

Darci Roesler

