



Hello Friends!

In case you haven't heard, we're inviting everyone in our recovery community to do a [Virtual Wellness Walk / get a Free Cone from Hank's](#) for Mental Health Awareness Month!

The event is on "Wellness Wednesday", May 26, 2021. For safety, everyone gets to choose their best way to do this activity ... alone or in a group of choice. They can also pick the time and location of their walk (or substitute with a different wellness activity, if walking isn't "their thing".)

We're inviting everyone to share photos of their "journey" with us as they do their wellness activity. Have they noticed any of the Zero Suicide Yard Signs? Take photos of those, too! Email your pics to: SOCwebmaster@ahci.org. We'd love to share them on our social media.

Just 3 Easy Steps to Participate:

1. **Register now!** (by 5/26) Here: <https://forms.gle/H73mbcMKXh74EX5y9> (more details can be found on the registration form).
2. Do your Wellness Wednesday Celebration on 5/26/21.
3. Print your coupon for a small Ice Cream Cone at Hank's!

I am hoping that by May 2022, we can safely go back to our annual Wellness Walk / Ice Cream Social and enjoy each other's smiling faces! Until then, smile anyway!!! Have fun on your special day, May 26th! I will be fondly thinking of all of you.

Bonnie Palmieri
Recovery Coordinator
Allegheny HealthChoices, Inc.
724.624.7203
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