

YOUR NAME

YOUR PHONE NUMBER

YOUR EMAIL



KAWERAK, INC.



WELLNESS

SELF-CARE ACTIVITIES FOR
MENTAL HEALTH AWARENESS MONTH

BINGO

GO BIRD HUNTING	SAY SOMETHING NICE TO SOMEONE	HELP AN ELDER	WRITE IN A JOURNAL	READ A BOOK
YOUR CHOICE: ----- BONUS	GO FOR A WALK	HAVE LUNCH WITH A FRIEND	ENJOY A CUP OF TEA	TRY A NEW HOBBY
TEACH SOMEONE YOUNGER THAN YOU SOMETHING	LEARN A NEW YUPIK OR INUPIAQ WORD	FREE SPACE 	GO WALRUS SEAL OR BELUGA HUNTING	LISTEN TO MUSIC
WATCH A MOVIE	HARVEST MASU	COOK FOR SOMEONE	STRETCH!	CALL SOMEONE YOU HAVEN'T TALKED TO IN A WHILE
PLAY WITH A PET	WRITE 5 GOALS FOR YOURSELF	YOUR CHOICE: ----- BONUS	LEARN SOMETHING FROM AN ELDER	DEEP CLEAN YOUR SPACE

- Complete & check off 5 activities in a row (diagonal & free space count!) = 1 entry
- Complete 10+ activities (do not need to be in a row) = 2 entries
- Submit by 4pm on June 3rd to receive raffle entries. Drawing held on June 6th.
- Turn in to Kawerak Wellness via email (wellness@kawerak.org) or drop off at Old Fed Bldg, Room 209

WIN DIAMOND ART KITS, JOURNALS, TEA KETTLES, FOOD SAVERS & MORE!

QUESTIONS?

Contact us at

(907) 443-4397 or wellness@kawerak.org