

COMMUNITY CONNECTION



Participate and enter to Win a Prize!

First of 4 draws on June 1, at Touch a Truck event.



In recognition of Mental Health Week: May 4-10, 2026

Stop by the Centre and pick up a BINGO card. Return once a line is completed for entry to WIN a prize!
Draw on June 1st at the Touch a Truck community event, and the 1st Tuesday of July, August and September.



Bay 1, 5008 50 Ave, Alix, AB

403-396-3369

LONELINESS IS LINKED TO

29%

higher risk of heart disease.

32%

higher risk of stroke.

COME TOGETHER, CANADA.

Connection is protective for both mind and body.

mentalhealthweek.ca

Loneliness isn't just emotional. It impacts our overall health and well-being. Connection helps regulate stress.

- It builds resilience.
- It increases psychological safety.
- It makes it easier to ask for help.

And yet, many people are quietly navigating life feeling disconnected. This Mental Health Week, the ask is simple and powerful: come together. Because connection strengthens mental health.

- Canadian Mental Health Association.