

COMMUNITY CONNECTION



**Participate and
enter to Win a Prize...**

All summer!



In recognition of Mental Health Week 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 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.