



Greetings!

My friend Piper and I received the video below from a friend who was celebrating Mental Health week, May 5 thru May 9.

George Pasieka, Executive Director of the Canadian Mental Health Association, Manitoba Division sent it to us. The ideas are simple and effective. I suggest you review it and share with others. It is bound to help someone you know.



Towards Flourishing



**John Melnick**  
Distinguished Toastmaster  
Phone: 204 471 8816  
email: [john@johnmelnick.ca](mailto:john@johnmelnick.ca)

[www.johnmelnick.ca](http://www.johnmelnick.ca)



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