

MAY 2024

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

1 2 3 4
Tie-Dye MIO shirts

11A MIO Presentation



6 7 8 9 10 11
Participate in Stop and Smell the Flowers challenge

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11A Back the Black Presentation

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Join us at our Mural Unveiling in Cedar Rapids!

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9A MIO Presentation
WEAR GREEN DAY!

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Engage in local art in your community

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Take action with Make It **OK**

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- Take the Pledge/Commitment
- Attend a Make It OK Presentation
- Become an Ambassador
- Donate
- Follow and tag us on social media

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Healthiest State INITIATIVE