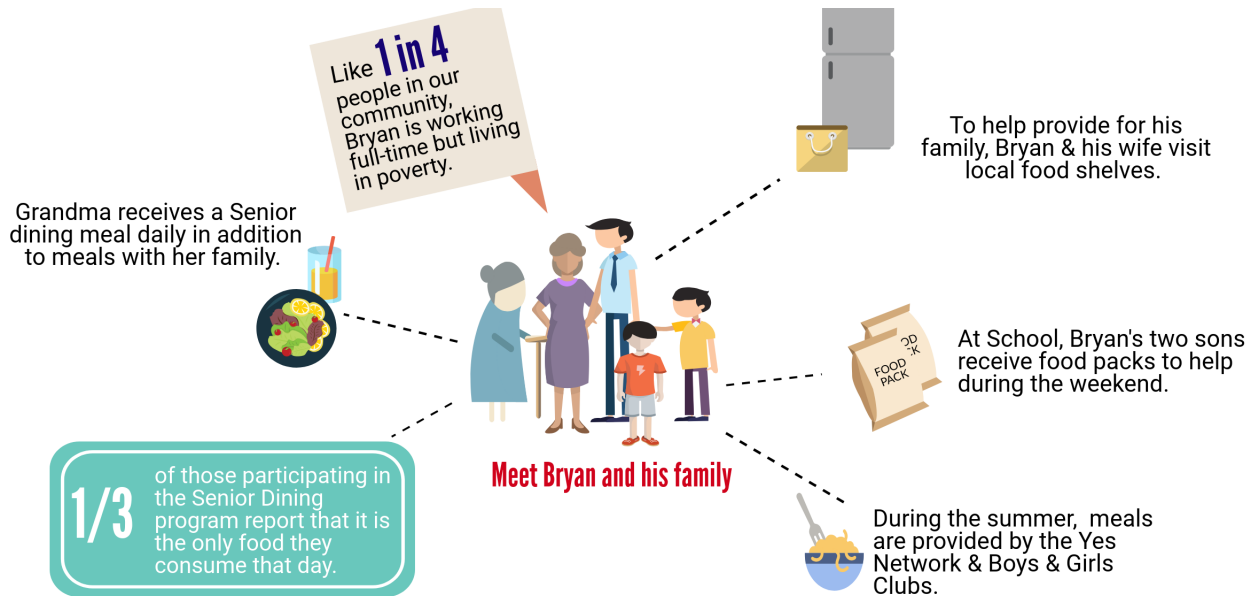


When we are healthy,
our community thrives

United Way fights hunger by supporting food shelves, student food packs, and senior meals.
We fight for well-being by providing mental health education and food access to quality services.



WE HEARD YOU ON MENTAL HEALTH

Mental health is important to Central Minnesota.

You reported in our 2018 Survey that it is the #1 community concern and **WE ARE COMMITTED.**

- In 5 years, we've provided mental health training to over 1,400 participants.

But that's just the beginning. We are committed to improved access and awareness in our communities.

WE NEED YOU TO JOIN THE FIGHT.

GIVE.

- \$20 will ensure a child will have access to quality food for a week in the summer
- Money or food to supply our local food shelves
- Make a donation in any amount at www.unitedwayhelps.org

ADVOCATE.

- Use your voice to shine a light on community solutions
- Spread awareness by sharing our 211 helpline with someone who may need help
- For long term advancement in community health success by making a planned gift to United Way

VOLUNTEER.

- Host a food drive
- Deliver meals to aging seniors
- Attend an educational mental health workshop
- Put together a team for our Kick Summer Hunger Kickball Tournament in May.