

A stylized illustration of a person in a yoga pose (Cobra or Bhujangasana) with their arms raised and head tilted back. The person is wearing a red top and dark pants. The background is a gradient of blue and green, with a large white star in the top left and a tree trunk on the right. The text is overlaid on the image.

Global Youth Service Day 2022

Join Us!

Create your stylish postcard to share our wellness resources with the public.

Get to know how to improve our mental health. We are excited to have you become a part of us to share our wellness kit and promote well-being in our community.

Come to our briefing
on 4/30 at 5pm CT

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Registration form:

<https://bit.ly/GYSDPostcards>

**WE ARE
LOOKING
FORWARD TO
GETTING YOUR
POSTCARD
BY 5/16**