

CSH September Newsletter

UPCOMING EVENTS AND REMINDERS

HIKING MARATHON

Hike 26.2 miles in 30 days during September and earn an award!

STAFF WELLNESS OLYMPICS

Keep an eye out for fun challenges and competitions this year!

SUICIDE AWARENESS MONTH

You never know what someone is carrying. Notice changes, check in and listen, and encourage those in need to reach out for help. Call or text 988

