

AMES Insider

A **DISCOVER AMES** bi-weekly newsletter

Take a break

Be mindful in May

May is Mental Health Awareness Month, so it's a great time to think about ways to take a mental health break. Take this opportunity to escape the frantic chaos, step back, breathe, and recharge in Ames. Read some suggestions from Andrea Poteet-Bell, writer for Sunshine Behavioral Health.



[Learn More](#)



Get involved

Volunteers needed

Get involved in the community through volunteering at events hosted in Ames! Throughout the year Ames hosts a variety of events that require assistance from volunteers. Volunteer roles will vary for individual events and their requirements.

[Sign up Now](#)

Upcoming events in Ames



Art Walk



Beautiful Land Market



Legally Blonde

[Visit our website](#)

Mark your calendar: groups coming to Ames in 2022

- Odyssey of the Mind, May 24-28
- State Games of America, July 27-31
- Octagon Art Festival, September 25

[Download the calendar](#)

Connect with us!

