

Revised Postcard

Join the 5 for 5 Connection Challenge!
Because we are made to connect

Do you want to improve your mental & physical health? Deepen your friendships? Boost your immunity?

Join the Challenge

One of the important factors for a long-term happiness and health is our relationships. We're asking everyone to take **5 actions over 5 days** to express gratitude, offer support, or ask for help. How will you reach out & connect?


Visit surgeongeneral.gov/challenge to learn more.



Use this space to reflect on your **5 for 5 Challenge** experience!

	How I connected today	How the connection made me feel
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

Share your connection story! #MadeToConnect

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