

MOTHERS AGAINST DRUNK DRIVING

MINNESOTA, NORTH DAKOTA, & SOUTH DAKOTA REGION

A MONTHLY EMAIL NEWSLETTER

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REMEMBERING 9/11

The terrorist attacks of September 11, 2001 brought loss and grief on a scale we had never known. But in the dark days that followed, the indomitable spirit of NYC and our nation shined more brightly than ever as stories of heroism and sacrifice inspired us all. And together we made a solemn vow: that we would never forget those we lost and that we would forever share their stories with the world.

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September IS SELF CARE AWARENESS MONTH

Self-Care Awareness Month is a time to remind us that taking care of ourselves is essential. Self-care is often neglected in our everyday lives. We all tend to put others' needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more expansive than that. Use the month of September to make self-care a part of your daily routine.

Self Care Can Look Like

Practicing Affirmations Making a Vision Board Breathing Deeply
Cooking your Favorite Meal Watching the Sunrise/Sunset
Walking in Nature Playing with your Dog Writing in a journal
Sleeping Spending Time with or Calling Loved Ones Music
Lighting your Favorite Candle Moving your Body Bike Rides

 What's our region up to?

SATURATION SATURDAY

Saturation Saturday took place the Saturday before Labor Day weekend. The event is a night of increased law enforcement patrols and sobriety checkpoints designed to reduce incidents of drunk or drugged driving. It coincides with the National Highway Traffic Safety Administration's (NHTSA) Drive Sober or Get Pulled Over campaign, which runs from August 18th through September 4th.



thank you 

ANOTHER WALK LIKE MADD SUCCESS

Our annual WALK LIKE MADD event was a great success and we thank each and every one of you. We were able to have over 350 registered participants & numerous sponsors. Moving forward, MADD is extending the invitation for organizations to table at the event for the first time. If this is something your organization is interested in, please don't hesitate to reach out! See you next year!