

Kenmare Wheels & Meals
221 North Central Ave
Kenmare, ND 58746
Office Hours: 9:00 am-2:00 pm
Office Phone: 701-385-4364
Toll-free: 1-877-385-4364
Email: Kwheelsmeals@outlook.com

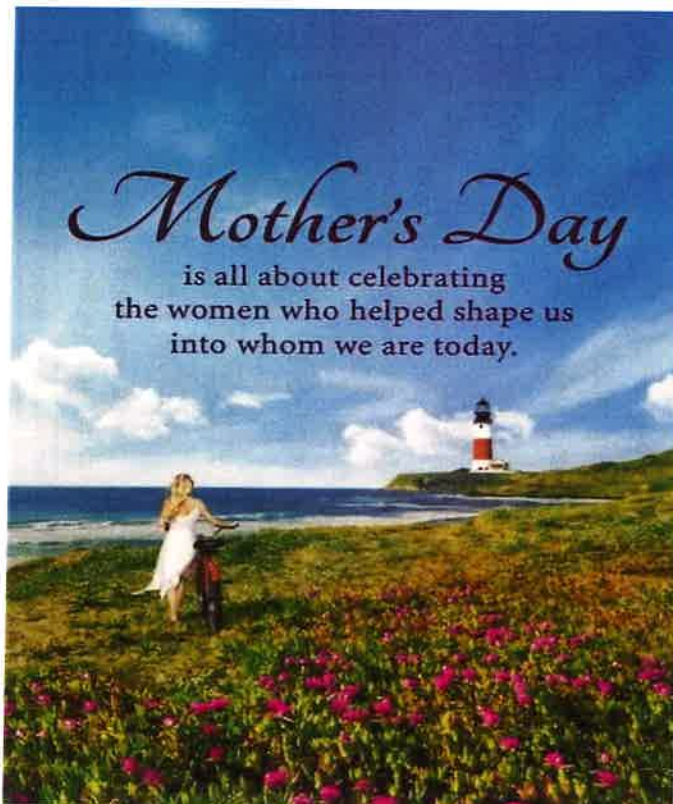


Service to Minot Available
Every Tuesday \$12.00
OPEN TO THE PUBLIC

REMINDERS

Kenmare W & M Board Meeting
MAY 18th 2026 @ 2:00

May 25th Memorial Day
Office/Meal Sites Closed
No Bus Service

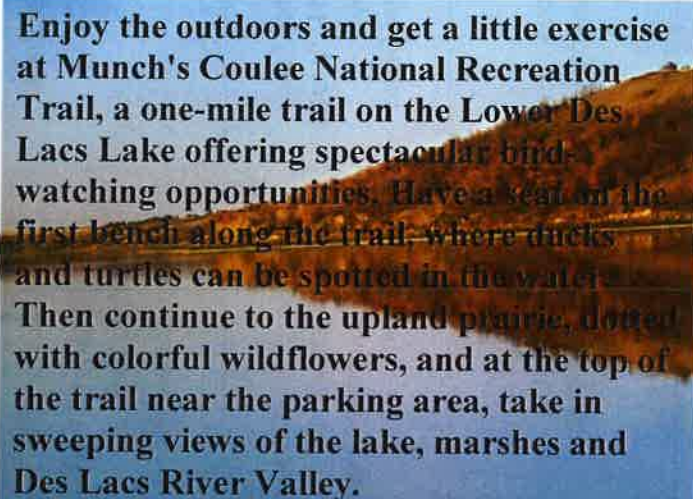


NATIONAL MENTAL HEALTH

AWARENESS MONTH

Did you know that outdoors not only benefits your physical health but your mental health too? Find a trail and give yourself the boost you deserve.

1. **Boost your mood** within just the first five minutes of being outside we experience a better mood.
2. **Reduces Stress** spending twenty minutes in nature doing an activity helps reduce stress.
3. **Improves memory** and attention span improve by 20% after just 1 hour outside.



Enjoy the outdoors and get a little exercise at Munch's Coulee National Recreation Trail, a one-mile trail on the Lower Des Lacs Lake offering spectacular bird-watching opportunities. Have a seat on the first bench along the trail, where ducks and turtles can be spotted in the water. Then continue to the upland prairie, dotted with colorful wildflowers, and at the top of the trail near the parking area, take in sweeping views of the lake, marshes and Des Lacs River Valley.

