

No Menthol

SUNDAY

CELEBRATED SUNDAY, MAY 17, 2026

WE ARE THE MOVEMENT

YOUTH & ADULT COLORING BOOK

Created by:



www.nomentholsunday.org



Featured Artist for 2026

Shami L.

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Milwaukee, WI

My favorite thing is community healing. In my spare time I love to color. Coloring is a great tool and stress reliever for all ages. I was so excited to join this initiative because it combined my passion for coloring and design with the opportunity to create meaningful change in our community.

No Menthol Sunday is a wonderful movement not just a moment!

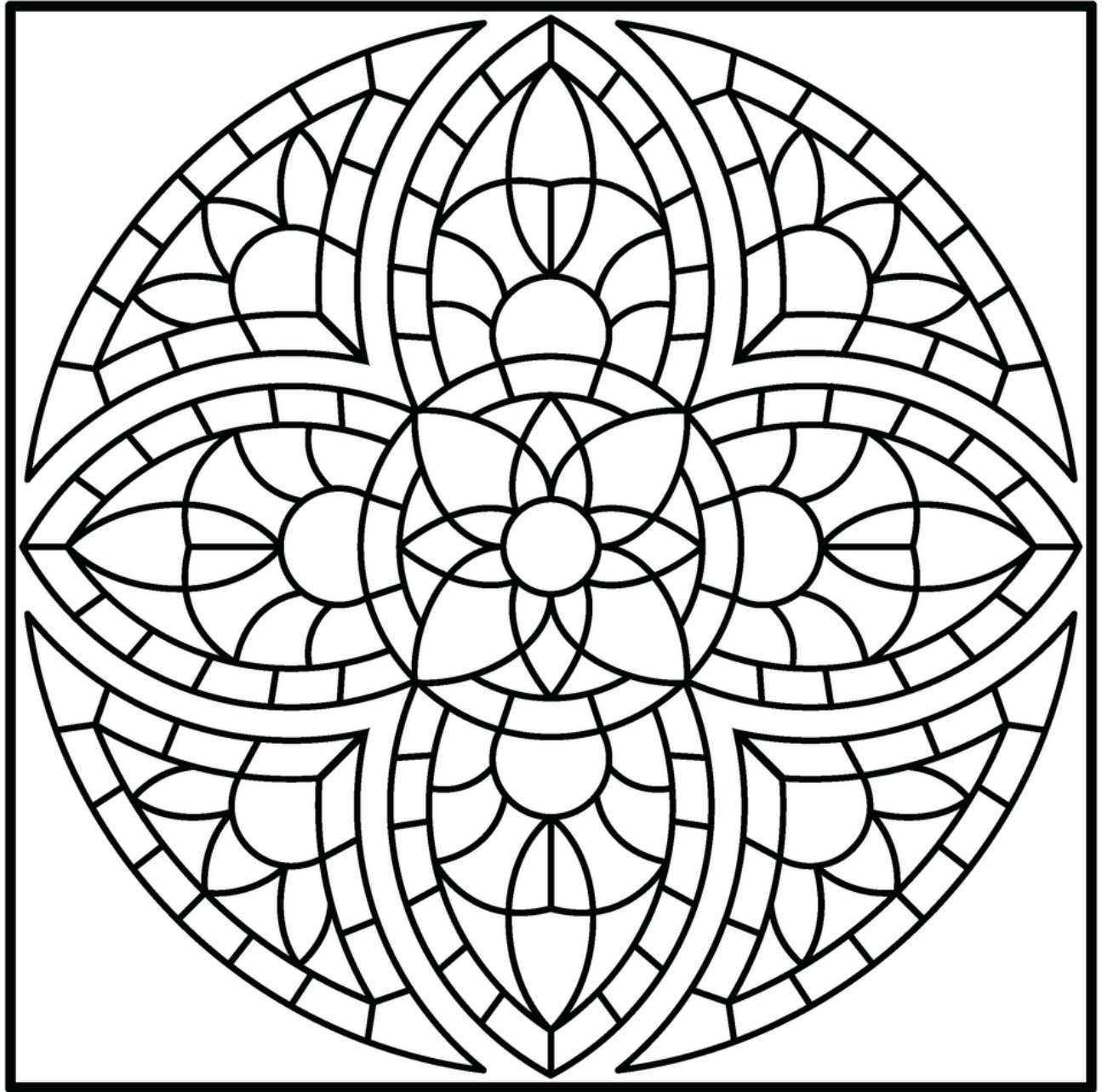
We will collectively create social change in our community with our faith, education, support systems, creativity and love in our hearts. We are the movement, showing our community how to live a healthier life without menthol products—not just for one day, but moving forward.

Special thanks to my family, close friends, WeMerge Media, The Center for Black Health & Equity, Wisconsin African American Tobacco Prevention Network, and beautiful community members for supporting this work.

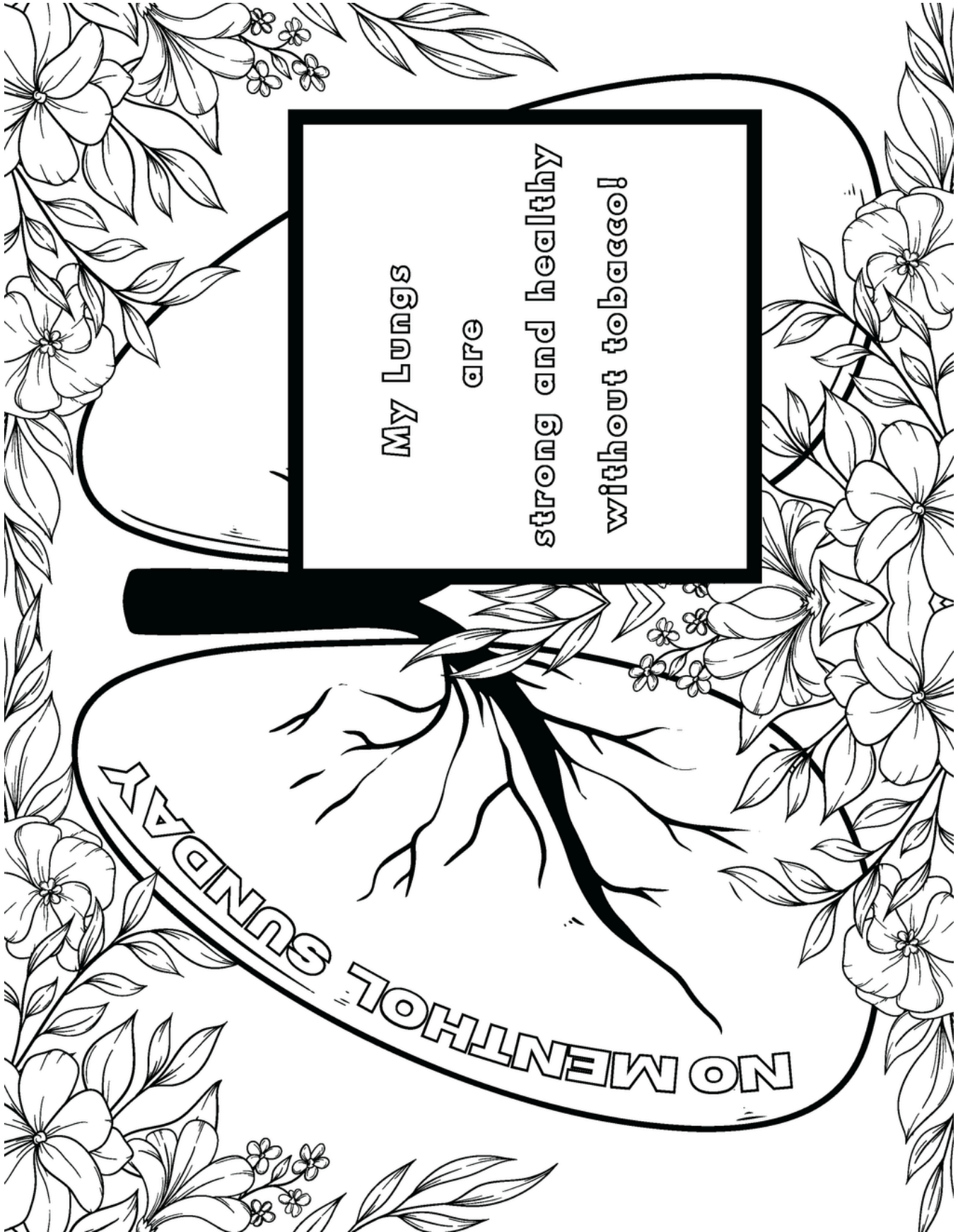




No Menthol



Sunday



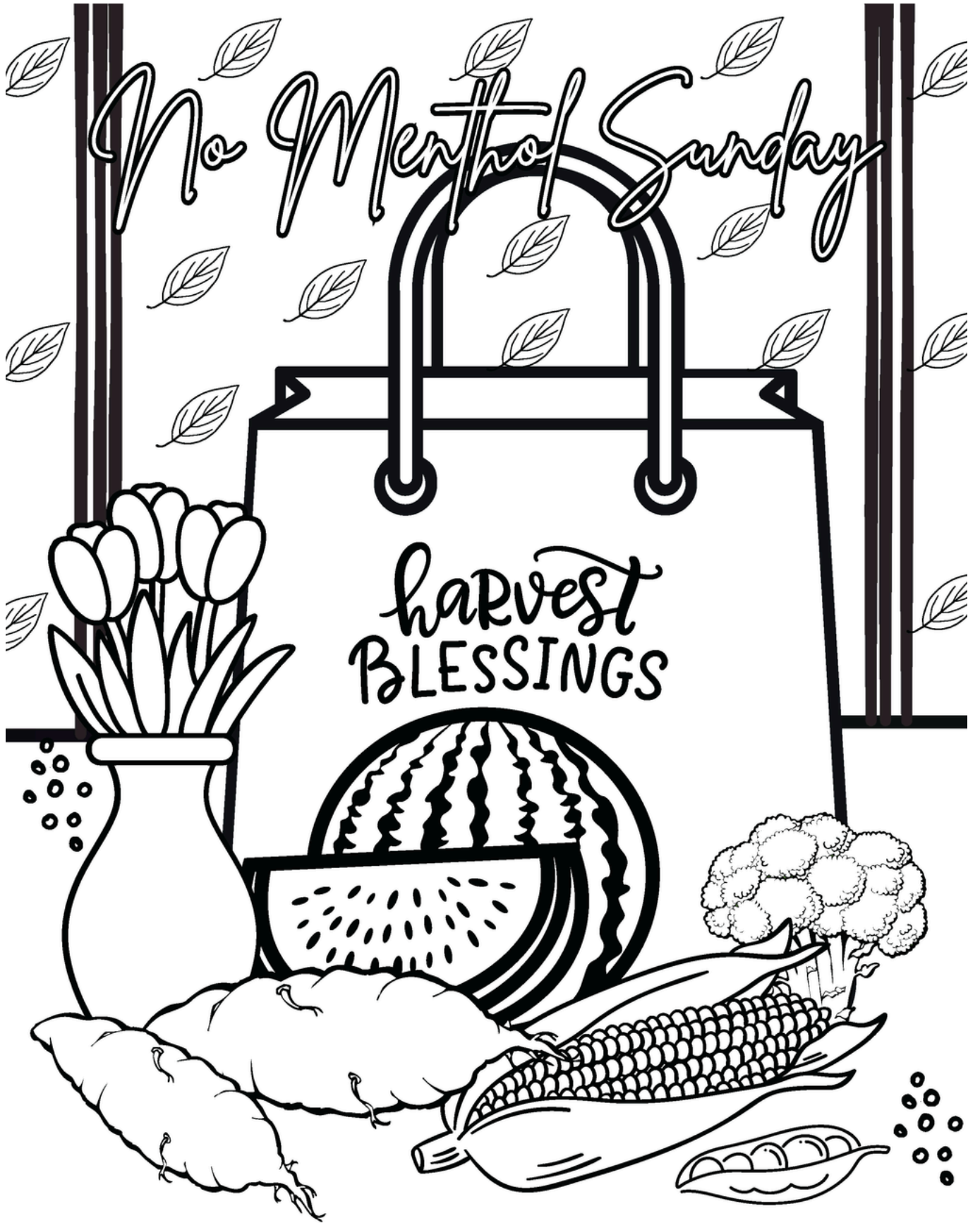
My Lungs

are

strong and healthy

without tobacco!

NO MENTHOL SUNDAY





SAY THEIR NAMES

Word Search Puzzle

Find and circle the words in all directions.

I	P	F	I	A	J	O	H	L	H	Z	X	N	D	Y	H	A	D	K	X	D	O	W	M
P	Y	G	E	O	R	G	E	F	L	O	Y	D	A	H	G	L	B	K	Y	M	N	I	U
R	M	H	J	N	C	T	Z	Q	X	O	V	N	S	Y	Q	Y	P	I	F	N	C	N	G
V	B	R	G	O	S	H	R	Q	D	C	V	L	N	A	A	I	U	P	U	H	F	G	P
E	J	N	W	U	X	G	E	U	M	V	A	V	J	A	M	O	X	K	A	Q	T	H	K
C	E	B	V	C	E	R	I	C	G	A	R	N	E	R	J	B	Z	E	J	J	Z	R	W
Z	F	D	C	X	U	C	J	A	Y	X	L	W	F	T	M	U	L	Q	X	N	D	D	Q
O	J	P	O	M	D	N	H	M	G	K	P	U	W	M	M	B	Q	Y	R	I	D	S	N
B	U	O	I	G	E	O	M	Y	T	I	L	E	T	Q	R	F	N	E	I	H	S	D	O
R	A	N	C	B	T	O	V	Z	J	S	O	W	Y	O	C	D	Z	D	M	J	E	Q	I
W	A	Z	M	L	E	Z	P	C	A	A	E	Q	W	H	U	C	C	R	G	T	M	Q	T
C	E	J	N	O	I	S	H	K	B	S	X	N	D	R	V	N	J	T	B	D	A	D	A
N	C	S	W	S	O	C	I	A	L	J	U	S	T	I	C	E	G	S	X	I	N	V	Z
P	J	F	S	N	A	J	O	S	K	D	J	R	I	U	U	Q	C	D	Z	Q	R	P	I
K	H	L	D	K	Q	Q	J	X	N	J	L	H	N	Q	I	T	T	H	N	O	I	I	L
T	Z	G	E	R	U	E	Z	A	Z	R	A	C	I	W	F	L	I	W	T	G	E	M	A
O	F	W	U	D	J	V	L	Z	D	F	P	U	U	Q	V	N	B	G	M	M	H	V	N
N	G	L	V	W	R	B	X	U	J	M	V	S	M	Q	M	G	M	E	Q	Y	T	K	I
R	O	B	C	H	A	V	X	C	W	R	F	L	Z	I	Z	O	P	K	J	T	Y	L	M
Z	F	R	V	R	F	F	C	E	S	Q	G	P	K	D	Q	E	E	W	R	H	A	Z	I
K	J	J	D	C	I	G	M	A	N	H	M	O	A	O	U	M	Z	A	D	H	S	M	R
I	H	N	A	S	D	O	W	N	S	V	Q	C	H	O	J	G	B	L	S	B	D	Y	C
S	A	A	U	W	S	Z	W	P	R	E	M	E	R	O	I	L	M	F	G	C	W	S	E
S	Z	Y	V	U	K	T	N	G	Z	J	S	V	K	B	Q	L	Q	D	B	K	I	W	D

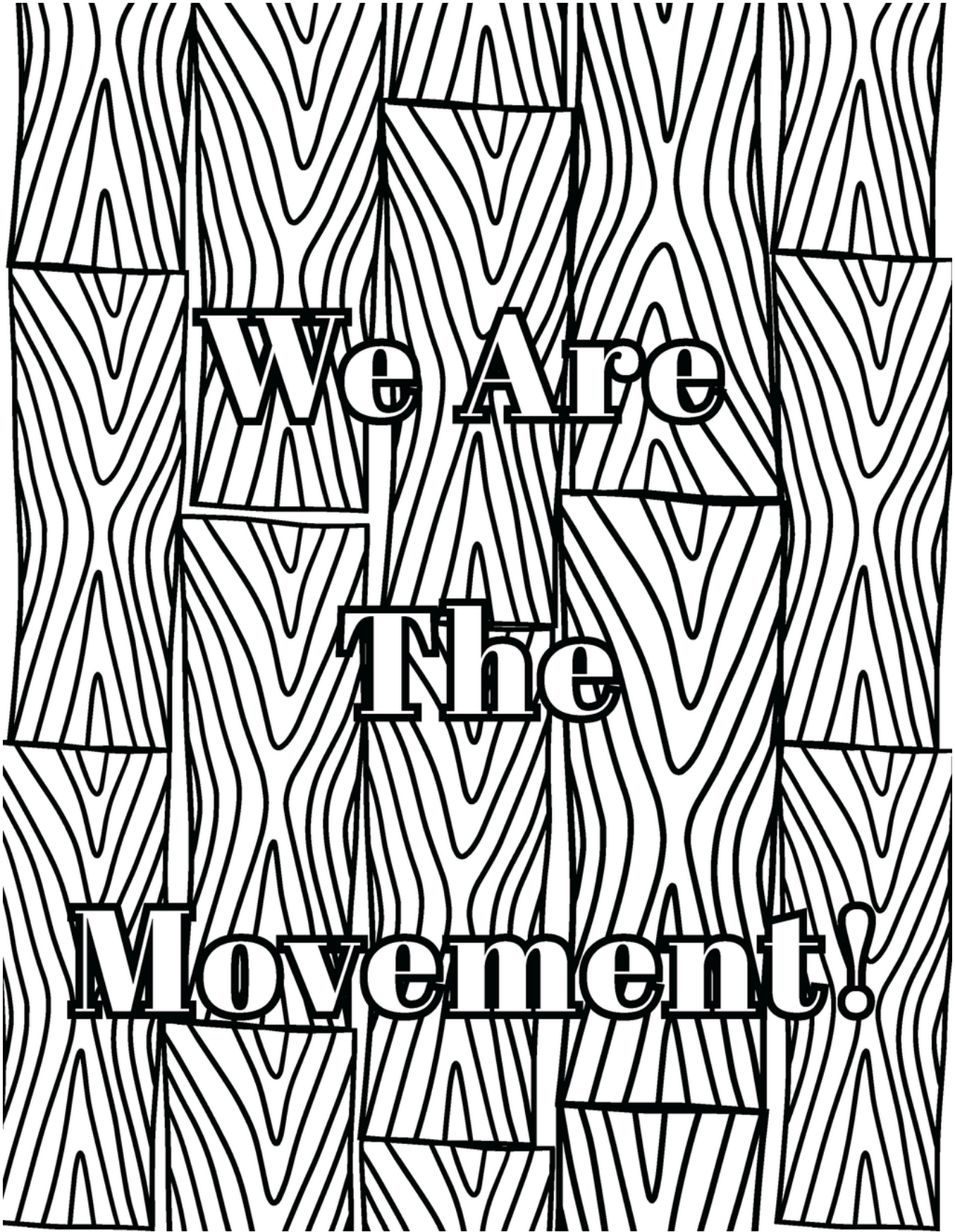
George Floyd • Sandra Bland • Michael Brown • Eric Garner • Say Their Names • Social Justice • Decriminalization



No Menthol Sunday

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

—Galatians 6:9 (NIV)







SAY THEIR NAMES

Answer Key

Mint green highlights show the answers.

I	P	F	I	A	J	O	H	L	H	Z	X	N	D	Y	H	A	D	K	X	D	O	W	M
P	Y	G	E	O	R	G	E	F	L	O	Y	D	A	H	G	L	B	K	Y	M	N	I	U
R	M	H	J	N	C	T	Z	Q	X	O	V	N	S	Y	Q	Y	P	I	F	N	C	N	G
V	B	R	G	O	S	H	R	Q	D	C	V	L	N	A	A	I	U	P	U	H	F	G	P
E	J	N	W	U	X	G	E	U	M	V	A	V	J	A	M	O	X	K	A	Q	T	H	K
C	E	B	V	C	E	R	I	C	G	A	R	N	E	R	J	B	Z	E	J	J	Z	R	W
Z	F	D	C	X	U	C	J	A	Y	X	L	W	F	T	M	U	L	Q	X	N	D	D	Q
O	J	P	O	M	D	N	H	M	G	K	P	U	W	M	M	B	Q	Y	R	I	D	S	N
B	U	O	I	G	E	O	M	Y	T	I	L	E	T	Q	R	F	N	E	I	H	S	D	O
R	A	N	C	B	T	O	V	Z	J	S	O	W	Y	O	C	D	Z	D	M	J	E	Q	I
W	A	Z	M	L	E	Z	P	C	A	A	E	Q	W	H	U	C	C	R	G	T	M	Q	T
C	E	J	N	O	I	S	H	K	B	S	X	N	D	R	V	N	J	T	B	D	A	D	A
N	C	S	W	S	O	C	I	A	L	J	U	S	T	I	C	E	G	S	X	I	N	V	Z
P	J	F	S	N	A	J	O	S	K	D	J	R	I	U	U	Q	C	D	Z	Q	R	P	I
K	H	L	D	K	Q	Q	J	X	N	J	L	H	N	Q	I	T	T	H	N	O	I	I	L
T	Z	G	E	R	U	E	Z	A	Z	R	A	C	I	W	F	L	I	W	T	G	E	M	A
O	F	W	U	D	J	V	L	Z	D	F	P	U	U	Q	V	N	B	G	M	M	H	V	N
N	G	L	V	W	R	B	X	U	J	M	V	S	M	Q	M	G	M	E	Q	Y	T	K	I
R	O	B	C	H	A	V	X	C	W	R	F	L	Z	I	Z	O	P	K	J	T	Y	L	M
Z	F	R	V	R	F	F	C	E	S	Q	G	P	K	D	Q	E	E	W	R	H	A	Z	I
K	J	J	D	C	I	G	M	A	N	H	M	O	A	O	U	M	Z	A	D	H	S	M	R
I	H	N	A	S	D	O	W	N	S	V	Q	C	H	O	J	G	B	L	S	B	D	Y	C
S	A	A	U	W	S	Z	W	P	R	E	M	E	R	O	I	L	M	F	G	C	W	S	E
S	Z	Y	V	U	K	T	N	G	Z	J	S	V	K	B	Q	L	Q	D	B	K	I	W	D

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