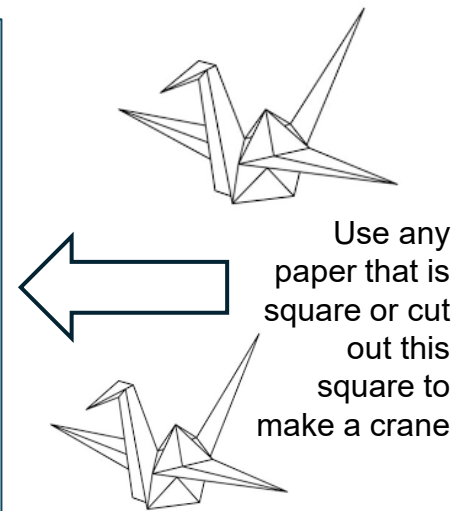


# 1000 Cranes

In Japan, the crane is a mystical creature and is believed to live for a thousand years.

It is known as a symbol of hope and healing during challenging times.



Use any paper that is square or cut out this square to make a crane

Messages of hope can be written on the paper before folding

See how to make a crane by scanning below



## A Message of Hope

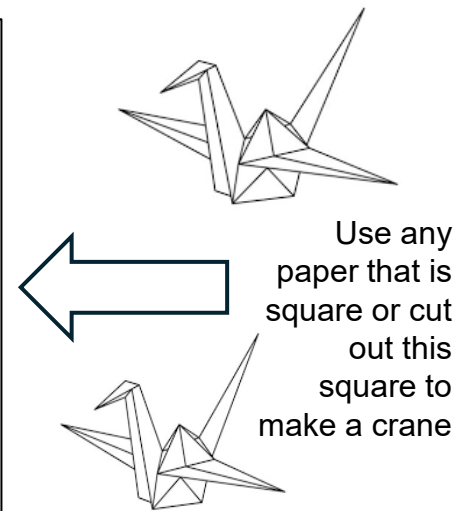
Be a part of a collective effort to share hope and healing! Join together and fold cranes for suicide prevention. Send pictures of your display or donate cranes for an exhibit by 26 Aug 2024. For more information contact the HIANG Directors of Psychological Health: Dr. Yumi K. Panui [yumi.panui@us.af.mil](mailto:yumi.panui@us.af.mil) /808.286.0258 or Ms. Clara M. Balha [clara.balha@us.af.mil](mailto:clara.balha@us.af.mil) / 808.600.4299.



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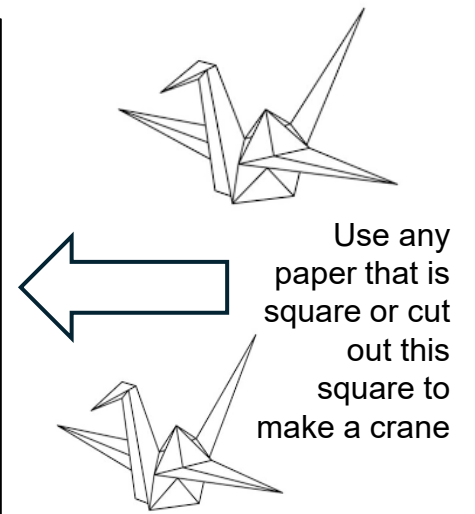
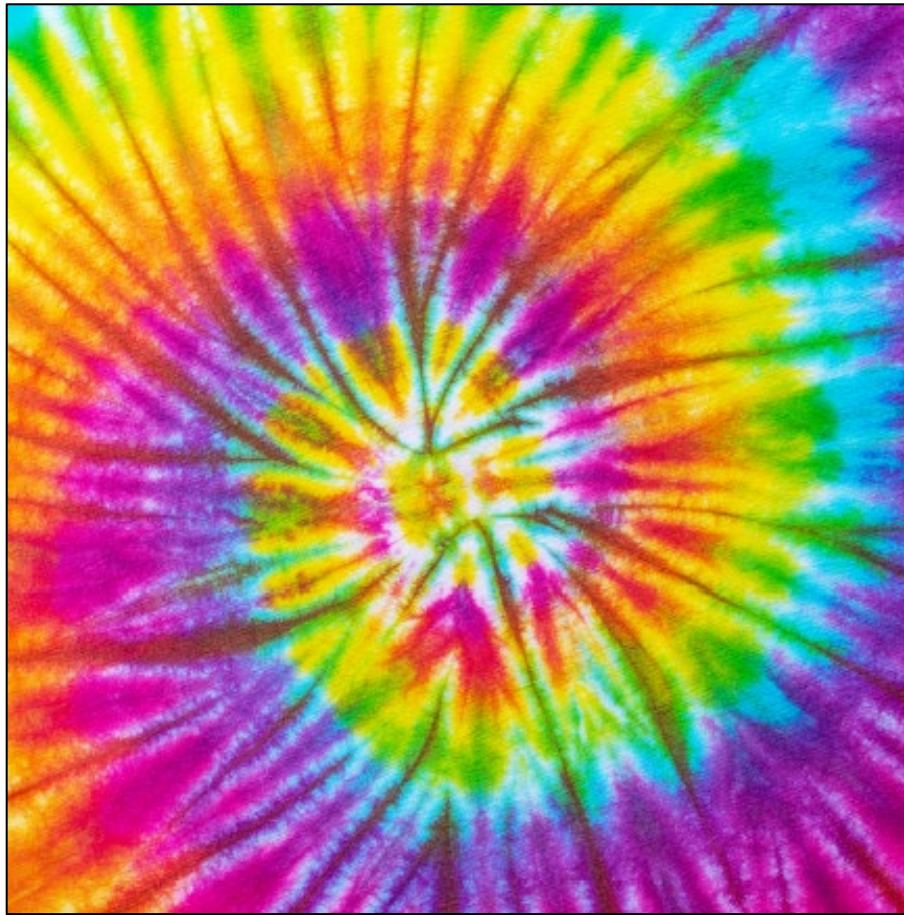
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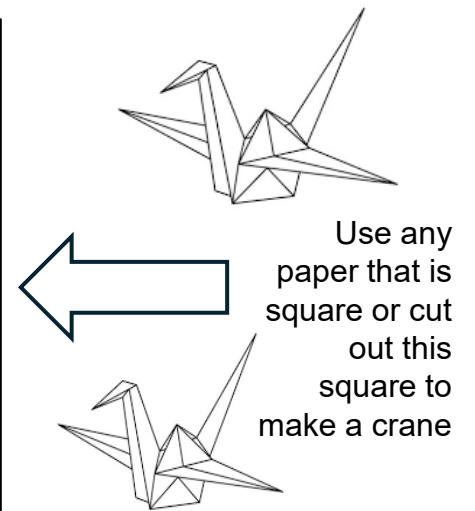
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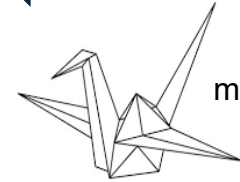
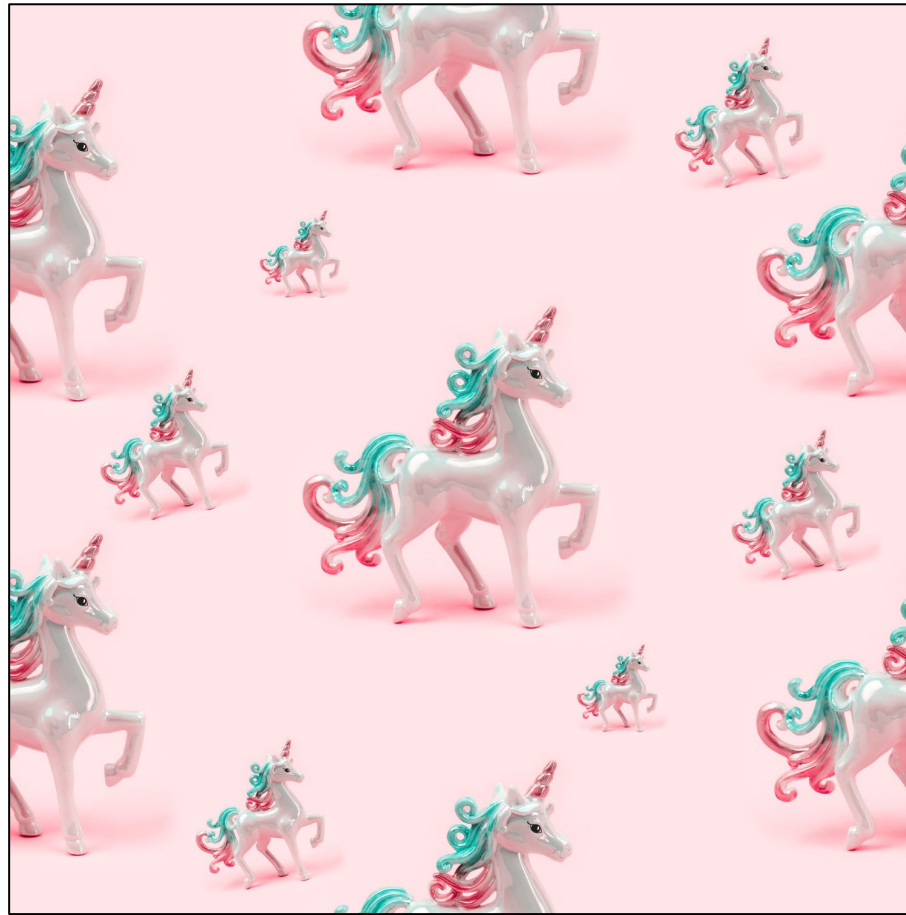
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