

# *Family Wellness Fair*

FREE and Open to the Public

**When: Saturday May 11 from 1-3pm**

**Where: The Salvation Army—630 East Washington**

As part of Children's Mental Health Awareness Month this May, the Enhancing School Family Partnership committee of the Children's Mental Health Collaborative of Dane County is planning a Family Wellness Fair.

The Family Wellness Fair will feature a variety of activities and resources for families that focus on many areas of wellness including healthy eating habits, active lifestyles and fitness, stress reduction, mindfulness and meditation, fun family activities, and mental health services.

There will be interactive activities, resource booths, and raffle prizes. The entire community is invited.

Please call 204-3257 if you have any questions.



**Snacks**

**Activities**

**Crafts**

**Freebies**