Join Us for the 2nd Annual

Community Wellness Event:

Understand how mental health and substance abuse risk connect

Wednesday January 30th, 2019

Greendale High School

(6801 Southway, Greendale)

5:45-7:00pm: Resource Fair

7:00-8:30pm: Speaker Panel

Learn more on Facebook:

Community Alliance: Hales Corners and Greendale Communities or call 414-423-2110

Reasons to Attend:

Connect with these resources from area wellness, mental health and substance abuse organizations:

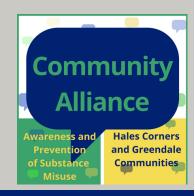
- Mental health treatment and support
- Medical screenings
- Education and awareness about various substances including alcohol, marijuana and opioids
- Fun and exciting ways to include fresh, local produce into your family's diet
- Yoga and other healthy classes in the community
- Important health advocacy topics presented by Greendale's 8th grade health class
- And more!

Meet local community experts and:

- Gather tools to keep you and your family healthy
- Decipher concerning behavior vs. normal teen development
- Hear ways to help youth communicate about stress, anxiety and other concerns
- Learn to recognize and address stigma in yourself and those around you

Confirmed Vendor
List available on
Facebook!

Presented in Partnership by....



Hales Comers Health Department