

*Join Us for the 2nd Annual*

# **Community Wellness Event:**

*Understand how mental health and substance abuse risk connect*

**Wednesday January 30th, 2019**

**5:45-7:00pm: Resource Fair**

**Greendale High School**

**7:00-8:30pm: Speaker Panel**

**(6801 Southway, Greendale)**

**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!



Hales Corners Health Department

**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!**

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Partnership by....***

