



CENTRAL OFFICE

HEALTH AND WELLNESS FAIR

June 29, 2023

As we prepare for summer, we encourage **all MCPS** staff members to attend activities aimed to enhance health and wellness. Sessions will include topics related to trauma, stress, mental health, self-improvement, and physical wellness.

Health and Wellness Sessions:	
Elevate your Physical & Mental Health	How Your Trauma Informs Your Response To Trauma
Massage Chairs	Zumba
Art Therapy	Therapy Dogs
Depression & Anxiety in Teens	Using Expressive Therapies for Self-Care
And many more!	

RSVP Here: bit.ly/45DQo3T



Beginning at 9:00 a.m.

Sessions will be offered at
CESC & 45 West Gude



11:30-1:00 p.m.

IN PARTNERSHIP WITH:

IDENTITY

PAL

DEPARTMENT OF HEALTH

MONTGOMERY GOES PURPLE

MONTGOMERY COUNTY COUNCIL OF PTAS