



MOUNT PROSPECT

SENIOR BUZZ NEWSLETTER

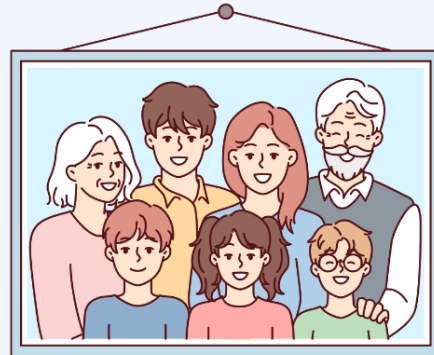


MAY - JUNE 2026

AGING IN MOUNT PROSPECT

What Families Need to Know

Empowering older adults and their families through every step of the aging journey. The event features an informative presentation followed by a resource fair and will be offered on two different dates.



Village of Mount Prospect
Village Hall (Board Room - 3rd floor), 50 S. Emerson Street
FREE Event | Registration Required | Call (847) 870-5680

TUESDAY, June 23
1:00 p.m. - 3:00 p.m.

To register scan this QR code



WEDNESDAY, July 22
6:00 p.m. - 8:00 p.m.

To register scan this QR code



NEW: ONLINE REGISTRATION FOR SELECT PROGRAMS!

We've added easy online sign up options for some of our upcoming events. Look for the QR Code on our flyers to see if a program is available for digital sign-up.

Joining our events just got easier.



SMARTPHONE? Just point your phone camera at the QR Code on the flyer.

ON YOUR COMPUTER? Visit www.Eventbrite.com and search "Mount Prospect".

FOR ALL OTHER PROGRAMS - or if you prefer the phone - call us at (847) 870-5680 to register.

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ADVANCED CARE PLANNING

Free Community Information Session

Effective planning ensures your healthcare and assets align with your personal values. Whether you're starting fresh or updating an existing estate plan, learn how trusts, wills, and powers of attorney can provide lasting peace of mind for you and your loved ones.

TUESDAY, June 9
10:00 a.m. - 11:15 a.m.
Registration required.
To register scan this QR code or call (847) 870-5680.



Village of Mount Prospect
Village Hall (Farley Community room)
50 S. Emerson Street

May is Mental Health Awareness Month: Your Well-Being Matters

by *Ginny Thomas, LCSW*

At the Village of Mount Prospect, we want you to know that your mental health is just as important as your physical health. A common misconception is that feeling "down" or depressed is simply a natural part of aging. While life changes can be challenging, depression is not an inevitable part of growing older.

Depression can be triggered by many factors, including health changes, grief, social isolation, or caregiver stress. It's important to check in with yourself and the people around you. Keep an eye out for symptoms that last for several weeks, such as:

- Persistent sadness or irritability
- Loss of interest in favorite hobbies
- Feeling hopeless or fatigued
- Changes in sleep or trouble concentrating

If you or someone you care about is struggling, please ask for help.

Starting in June 2026, talk to the Senior Services Social Worker who can empower seniors to maintain independence and overall well-being.
Call (847) 506-4930 to make an appointment today.
2nd Wednesday of every month
Time: 11:00 a.m. - 1:00 p.m.
Community Connections Center
1711 W. Algonquin Road

1. Discuss your concerns with your primary care provider.
2. Call the 24-hour 988 Suicide & Crisis Lifeline at 988. When you call, text, or chat the 988 Lifeline, you connect with a real person who can provide one-on-one support. Talking with someone can help save your life.
3. Call the Village of Mount Prospect, Human Services Department (847) 870-5680 to connect with local support.

Remember that you are important, and there are resources available to help you. Come and learn more about available local resources at our upcoming Mental Health Matters event.

SENIOR CONNECTIONS

Connect with your community, learn something new, socialize with neighbors and meet Village staff. No registration needed.

June 4, 9:00 a.m. - 9:45 a.m. - presentation by Village of Mount Prospect Community Development Department

9:45 a.m. - 10:00 a.m. - Village updates

10:00 a.m. - 10:30 a.m. - Q&A and socialize with your neighbors

Farley Community Room
Village Hall, 50 S. Emerson Street
Refreshments will be served.

Mount Prospect residents only.



Engage in a series of challenging puzzles and brain teasers designed to help you discover how to keep your brain sharp and healthy!

Thursdays, June 11 - July 2

10:00 a.m. - 11:30 a.m.

Farley Community Room
Village Hall, 50 S. Emerson Street

Registration required by June 1. Call the Human Services Department at (847) 870-5680. **Mount Prospect residents only.** Class size is limited. Four session commitment required.

SENIOR GAME DAY

COME PLAY OLD FAVORITES,
LEARN A NEW GAME, & CONNECT!

**2ND MONDAY EACH MONTH
MAY 11 & JUNE 8**

9:30 a.m. - 11:00 a.m.

CARD, BOARD GAMES,
PUZZLES, & MORE!



HEART & HANDS SERVICE CLUB



Small Acts, Big Heart:

Join us for the Heart & Hands Service Club, an every-other-month gathering for older adults who want to stay active, stay social, and lend a hand. Your time and compassion can change lives.

Farley Community Room Village Hall, 50 S. Emerson

10:00 a.m. – 11:30 a.m.

Upcoming Dates: Wednesdays:

July 8, September 9, & November 11

Call (847) 870-5680 to register.

Mount Prospect residents only.



FINANCIAL WELLNESS PROGRAM

In this free 3-week workshop series you will learn to:

- Create a budget that works for you
- Learn strategies to save money
- Understand debt and how to manage it
- Start planning for your financial future

When: Tuesdays & Thursdays | May 12-28

Location: Community Connections Center,
1711 W. Algonquin Road

Time: 5:00 p.m. - 6:00 p.m.

Cost: FREE Workshops (\$10 for workbook)

Space is limited.

Please call (847) 506-4930 to register.



In partnership with



FAMILY HEALTH EVENT SAVE THE DATE

The **Family Health Fair** will take place on Wednesday, August 5 from 6:00 p.m. - 7:30 p.m. in the Busse Pocket Park. This outdoor event will be focused on empowering families to make healthier, safer, and better choices for their children and to connect them with local resources. The Family Health Fair will be held right before Movies on the Greens begins.



PEDIATRIC CPR CHOKING & FIRST AID

Join the Mount Prospect Fire Department & Village Nurse for a **FREE Pediatric CPR and First Aid training**.

Participants will receive a Heartsaver® Pediatric First Aid CPR AED Card through the American Heart Association.

Wednesday, May 13 | 6:00 p.m. - 9:00 p.m.
Mount Prospect Public Library
10 S. Emerson Street

Target audience: parents, grandparents and babysitters

Registration is required. Call (847) 870-5660 to register.



WEEKLY HEALTH SCREENING CLINIC

FREE SERVICES:

- Blood pressure reading
- Heart rate
- Oxygen saturation level
- Fasting blood glucose



ADDITIONAL SERVICES:

Total cholesterol screening - \$2.00
(Tuesdays during Health Screening Clinic hours)

Complete Lipid Panel - \$20.00

A1C Testing - \$20.00

(Wednesday - Friday by appointment only)

Village Hall - 2nd floor, 50 S. Emerson Street

Tuesdays, 9:00 a.m. - 11:00 a.m.

Call (847) 870-5680 to schedule an appointment.

Community Connections Center

1711 W. Algonquin Road

Call (847) 506-4930 to schedule an appointment.

Must be a Mount Prospect resident.

FIT 4 LIFE



All FIT 4 LIFE programs are on Fridays at 10:00 a.m. in the Farley Community Room at Village Hall, 50 S. Emerson Street. No registration required. Must be a Mount Prospect resident. Call (847) 870-5680 with any questions.

ZUMBA® GOLD CHAIR WITH NATALIA

Easy-to-follow Zumba® for balance, range of motion, and coordination.

1st Friday of the month: 5/1/2026, 6/5/2026

SEATED EXERCISE WITH THE VILLAGE NURSE

Join the nurse for a fun, low impact workout to boost strength and flexibility.

2nd, 4th and 5th Friday of the month: 5/22/2026, 5/29/2026, 6/12/2026, 6/26/2026

WHOLE BODY WELLNESS WITH ANGELA C-IAYT

A program designed to boost posture, lungs and joint mobility while stimulating brain health and core strength.

3rd Friday of the month: 5/15/2026, 6/19/2026

FIRE DEPARTMENT

WHEN OXYGEN MEETS A SPARK: FIRE SAFETY FOR SENIORS

Older adults face increased fire risks from factors like medication and oxygen use. While oxygen isn't flammable, it causes fires to burn much faster and hotter; even a small spark can trigger a dangerous fire. Understanding this risk is essential for preventing injury and fires.

Keep Heat and Flames Away

- Place “No Smoking – Oxygen in Use” signs at all entrances.
- Keep oxygen tanks and users at least five feet from heat sources or open flames.
- Do not use hair dryers, curling irons, electric razors, or heating pads while using oxygen.
- Never use oxygen while you are cooking.



Avoid Flammable Substances

- Avoid aerosol hairsprays or air fresheners near your equipment. Use water-based moisturizers on the face; avoid petroleum products like Vaseline.
- Ensure hands are free of oil, grease, or wet alcohol-based sanitizer before touching oxygen equipment.

Safe Storage and Handling

- Always store oxygen unit upright - never on their side.
- Do not store units in enclosed spaces like closets or trunks.
- Keep tubing clear of walking paths to prevent trips. Never cut or bend the lines.
- Turn off the oxygen when not in use. Do not leave a flowing cannula or mask on furniture.



Staying Safe

- Install and test smoke alarms once a month.
- Always keep a fire extinguisher at the ready.

VILLAGE NEWS



Dreaming of summer? So are we! The Village is excited to announce the return of the **Fridays on the Green** concert series for 2026:

- June 5 at 6:30 p.m.
- June 26 at 6:00 p.m.
- July 17 at 6:00 p.m.
- August 7 at 6:00 p.m.
- August 28 at 6:00 p.m.



Sponsored by the Village of Mount Prospect, this free concert series is held at Centennial Green, 50 S. Emerson Street.

Free parking is available in the Emerson Street Parking Deck (between the library and Village Hall) and in the Chase Bank parking lot.

PUBLIC WORKS

PUBLIC WORKS OPEN HOUSE

SAVE THE DATE!

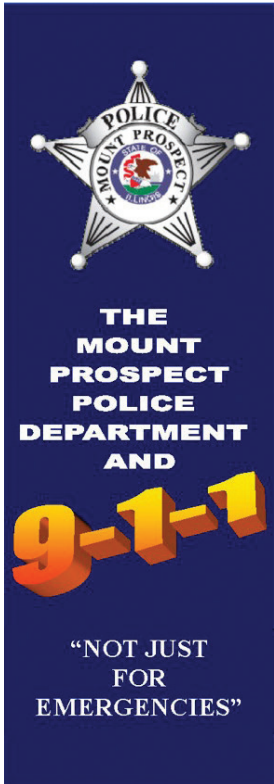
The Mount Prospect Public Works Department is hosting its **Annual Open House** on May 16, from 9:00 a.m. - 1:00 p.m. at 1700 W. Central Road.

For more information, contact the Public Works Department at (847) 870-5640.



POLICE DEPARTMENT

TEXT 911 AVAILABLE IN MOUNT PROSPECT



Mount Prospect residents and anyone in the Northwest Central Dispatch System (NWCDS) service area can text 911 if calling is not an option. A voice call remains the most efficient way to access emergency services.

When texting 911, text should include clear location information in first text and the nature of the emergency, as emergency personnel cannot automatically track your location via text. Always avoid abbreviations or slang. Not all communities accept text to 911. If you text 911 and receive a "bounce back" message indicating to make a voice call or do not get a response, make a voice call immediately.

For more information, pick up the Mount Prospect Police Brochure "911 Not just for Emergencies" brochure in the Senior Hub at the Village Hall Farley Community Room or at Mount Prospect Police Department.

"EMBRACE THE RUCK" REMEMBRANCE MARCH

On Saturday, May 23, Mount Prospect Police Military Veterans are hosting free walk to remember and honor those who have paid the ultimate sacrifice in service to our country.

This free 6.2 mile walk begins and ends at Village Hall, 50 S. Emerson Street, and takes walkers through the beautiful neighborhoods of Mount Prospect.

8:00: Check-in
8:45: National Anthem
9:00: March begins

Plenty of parking available at the Village Hall parking garage.

Email EmbraceTheRuck@gmail.com with any questions.

No registration required.

MOUNT PROSPECT PUBLIC LIBRARY

MAKING THE MOST OF SOCIAL SECURITY

Wednesday, May 20, 7:00 p.m.

Stacy Bromann of The Dala Group will share filing strategies to help participants make informed decisions to maximize Social Security benefits.

FINANCIAL STRATEGIES FOR UNCERTAIN TIMES

Tuesday, June 2, 7:00 p.m.

Financial educator Karen Chan will share practical strategies to plan ahead, manage risk, and make informed decisions.

SUMMER READING

Saturday, June 6 - Friday, July 31, 7:00 p.m.

The annual summer reading program is for all ages! Keep track of your reading progress to earn fun prizes. Participation is easy: sign up online at mopl.beanstack.org or stop by the library to get started.

GENEALOGY CHAT

Monday, June 8, 2:00 p.m.

Chat with genealogy librarian and other family history researchers and share your research victories and challenges.

Programs will be held at the Mount Prospect Public Library, 10 S. Emerson Street. Registration required at www.mopl.org or by calling (847) 253-5675.

Drop-In Tech Help

Stop in to the Main Library and bring your questions about technology-related subjects such as smartphones, computers, email, Microsoft Office, e-books, and more!

No registration necessary; just drop in. Visit mopl.org/calendar for dates and times.

 Mount Prospect
Public Library

mopl.org | 847-253-5675
10 S. Emerson St., Mount Prospect, IL 60056

PARK DISTRICT INFORMATION

SPRING FITNESS CLASSES

River Trails Park District

Weiss Center, 1500 E. Euclid Ave
(847) 255-1200



Get moving this season with River Trails Spring Fitness Classes. Diverse lineup kicks off **Drums and Tones** on Monday mornings from 9:15 a.m. - 10:15 a.m., **Chair Yoga** every Wednesday from 9:15 a.m. - 10:00 a.m. and weekly **Tai Chi** on Thursdays from 11:45 a.m. - 1:15 p.m. For the full fitness class schedule and detailed program descriptions, please visit www.rtpd.org.

CEDARBURG STRAWBERRY FESTIVAL

Prospect Heights Park District

Saturday, June 27, 8:00 a.m. - 6:00 p.m.
Cost: \$49 | www.phparks.org



Come spend the day in beautiful Cedarburg, WI for Strawberry Festival. Grab your friends and come browse the incredible lineup of artists, makers and merchants participating at this year's Cedarburg Strawberry Festival! From handcrafted jewelry and fine art to one-of-a-kind home goods and delicious treats, find the perfect treasures and support small businesses while you enjoy the festivities. There is plenty of entertainment and food options to add to your day.



CELEBRATE WITH US

SATURDAY, JUNE 20, 2026
4:00 PM - 11:00 PM

110 W CAMP McDONALD ROAD
PROSPECT HEIGHTS, IL
847.394.2848 PHPARKS.ORG




★ THE FUN BEGINS AT 4PM

- 4:00-6:00PM FREE BINGO
- 4:00-6:30PM FREE SWIM AT LIONS PARK POOL
- 4:00-7:00PM FREE OPEN GYM AT GMRC
- 4:00-7:00PM COMMUNITY ORGANIZATIONS
- 4:00-11:00PM FOOD TRUCKS, BEER & WINE GARDEN
- 4:30-5:30PM PET PAGEANT
- 4:30-8:30PM FACE PAINTING & ROVING ENTERTAINMENT
- 4:30-9:30PM KIDS ZONE INFLATABLES & GAGA PIT
- 6:45-7:00PM LIONS CLUB DUCK RACE FUNDRAISER

★ LIVE MUSIC

- 5:30-6:15PM ERIK DONNER
- 6:30-8:00PM HELLO WEEKEND
- 8:00-8:45PM ERIK DONNER
- 9:00-11:00PM 7TH HEAVEN





Senior Offerings

For details, call **847-640-1000** or visit mppd.org

RecPlex 420 W. Dempster St.

\$1

BINGO Bonanza

Wednesdays | 12:30-1:30 PM

May 13 • May 27 • June 10

Free Walking at RecPlex

Seniors can walk the gym

Tuesdays | 9:00 AM-12:00 PM

Herb Planter for Seniors

Participants will receive a bowl-shaped herb planter perfect for a sunny spot in their kitchen or outdoor on their deck/patio. We will supply a variety of herbs to choose from and teach proper plant care. Class may take place outside, weather permitting.

Friendship Park Conservatory

395 W. Algonquin Road, Des Plaines

Friday, June 5 | 10:00-11:15 AM

Residents \$20 Non-Residents \$22 Registration Code 52176



MOUNT PROSPECT LIONS CLUB

www.mplions.org

FARMERS MARKET

STARTING SUNDAY,
JUNE 7 - OCTOBER 25

8:00 AM - 1:00 PM



BLUESMOBILE CRUISE NIGHTS

STARTING SATURDAY,
MAY 16 - SEPTEMBER 26

3:00 - 8:00 PM
WEATHER PERMITTING

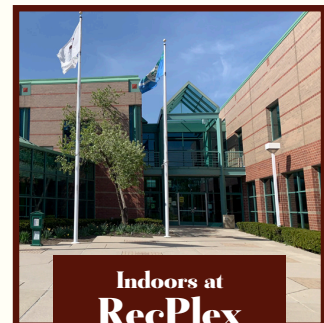
50th ANNIVERSARY

MT. PROSPECT
COMMUNITY
B·A·N·D

Summer Festival of Music

Mondays
7:30 PM

June 22 June 29
July 6 July 13
July 20 July 27



Indoors at
RecPlex
420 W. Dempster St.



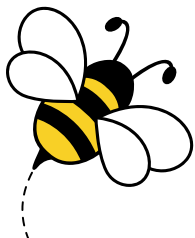
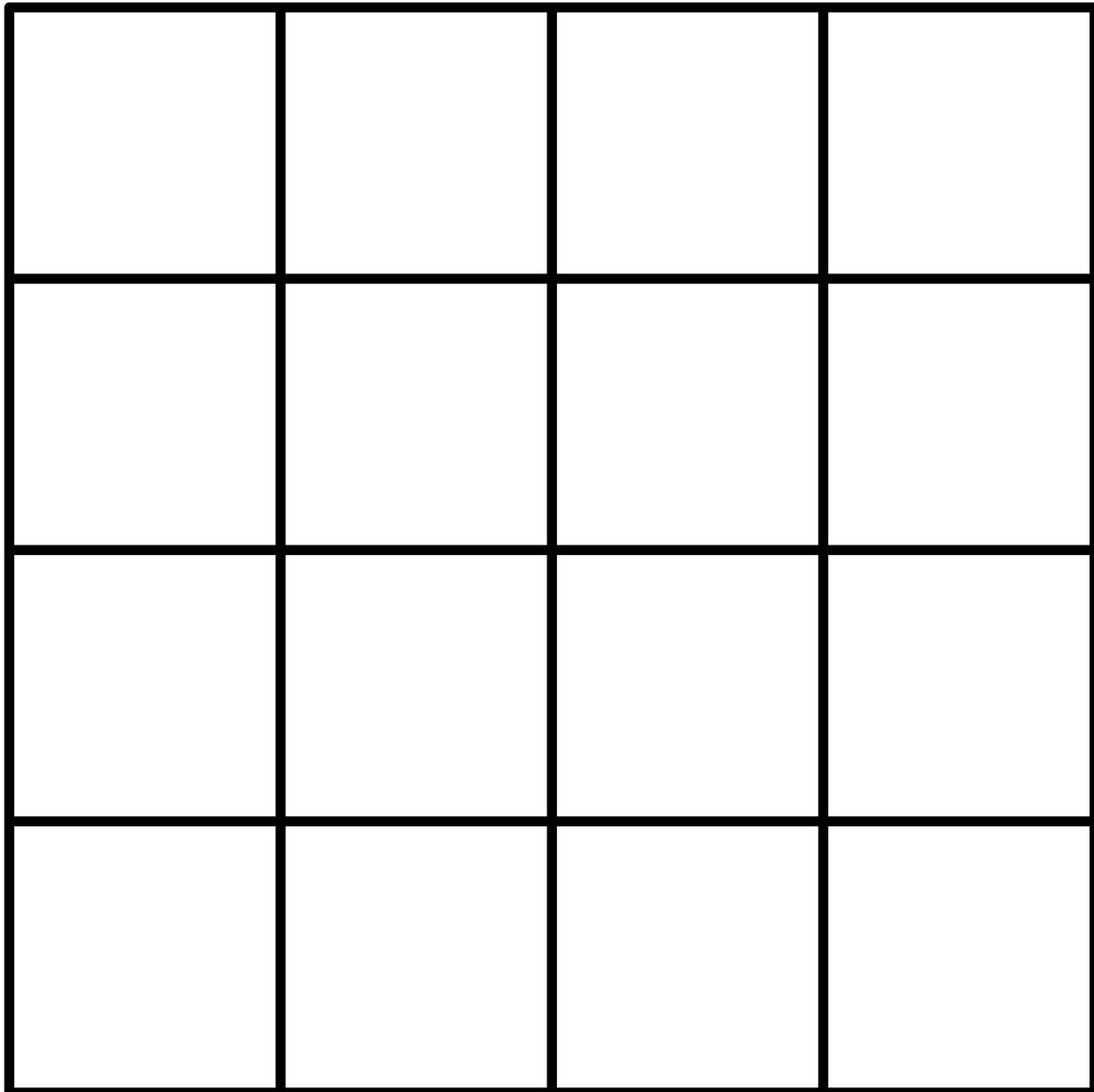
Mt. Prospect Park District • mppd.org



SENIOR BUZZ SUMMER BRAIN CHALLENGE



THINK OUTSIDE THE BOX



HOW MANY SQUARES
ARE IN THIS GRID?



Answer on Page 11



MAY

TUESDAY, MAY 5, 9:00 a.m. - 12:00 p.m. | Free Senior Walking at RecPlex, Mt. Prospect Park District, 420 W. Dempster Street | Free Walking at RecPlex. For more information, please visit www.mppd.org or call (847) 640-1000.
Runs every Tuesday in May.

THURSDAY, MAY 7, 6:30 p.m. - 7:30 p.m. | Medicare 101 Seminar with Endeavor Health, NCH Wellness Center, 900 W. Central Road, Arlington Heights | Join Endeavor Health for a FREE Medicare seminar to learn the ABC & D's of Medicare. For more information, and to register visit www.nch.org/events.

SATURDAY, MAY 9, 10:00 a.m. - 1:00 p.m. | Spring Plant Sale, Friendship Conservatory, 395 W. Algonquin Road, Des Plaines | Shop Mt. Prospect Park District's annual plant sale such as hanging baskets, annuals, perennials, veggies and more. For more information, visit www.mppd.org or call (847) 298-3500.

WEDNESDAY, MAY 13, 7:00 p.m. | Bessie's Workbasket at Mount Prospect Historical Society Central School, 103 S. Maple Street | Join Mount Prospect Historical Society for Upcycling: Fabric Baskets class. Choose from a rainbow of provided fabrics or bring your own materials to upcycle. You'll wrap clothesline with fabric and hand-stitch the coils together to create a one-of-a-kind basket to take home. Cost: \$10. For more information call (847) 392-9006. To register visit www.mtphist.org.

THURSDAY, MAY 14, 2:00 p.m. | Movies at Mount Prospect Public Library, 10 S. Emerson Street | Movie: **Song Sung Blue**. To register, visit www.mtpl.org or call (847) 253-5675.

SATURDAY, MAY 16, 10:00 a.m. - 3:00 p.m. | Coin Collecting Appraisal, 10 S. Emerson Street | Join Mount Prospect Public Library and Lifelong coin collector Dave Ekstrom will meet with you privately to appraise your old coins. Bring your wheat pennies and old silver dollars to learn the value of your collection. To register, visit www.mtpl.org or call (847) 253-5675.

SUNDAY, MAY 17, 3:00 p.m. | Northwest Community Orchestra, Forest View Theater, 2121 S. Goebbert Road, Arlington Heights | Come see the Season Finale performance of the Northwest Community Orchestra. Cost: \$20 each for adults and \$15 for seniors. For more information and to purchase tickets call (847) 718-7700, visit www.ce.D214.org/events, or email ce@d214.org.

THURSDAY, MAY 21, 12:00 p.m. | Summer BBQ at The GENCenter, 52 E. Northwest Highway, Des Plaines | Kick off the start of summer with and join them for a delicious BBQ sponsored by Oak Street Health. There will be entertainment and dessert. Cost: Members \$12 and Non-Members \$15. Advance Reservation are required by **May 15**. For more information, call the Gen Center at (847) 768-5944 or visit www.genctr.org.

THURSDAY, MAY 28, 11:30 a.m. - 1:00 p.m. | B(OLDER) Lunch & Learn Presentation
St. Mark's Church, 200 S. Wille Street | Join Carol Floros and Linda Olson for a Vietnam presentation. Listen about their journey through Southeast Asia. From the chaotic energy of Hanoi's streets and the serene rice paddies to the ancient grandeur of Angkor Wat, explore how these nations bridge a complex past with a vibrant present. RSVP by May 2. Email stmarkmp@stmarkmp.org or call (847) 253-0631. Cost: \$10 to cover the cost of lunch.



JUNE

TUESDAY, JUNE 2, 9:00 a.m. - 12:00 p.m. | Free Senior Walking at RecPlex, Mt. Prospect Park District, 420 W. Dempster Street | Free Walking at RecPlex. For more information, visit www.mppd.org or call (847) 640-1000. *Runs every Tuesday in June.*

THURSDAY, JUNE 4, 9:30 a.m. - 4:30 p.m. | Trip to Jacob Henry Mansion with Prospect Heights Park District
Spend the day with other active adults at the Jacob Henry Mansion and the old Central Church in Joliet, IL. Plus, enjoy a performance by Disco Circus a 1970's band from Chicago. It will be nostalgic experience by combining the energy and excitement of a 3-ring circus. Lunch will be served before for the show. Cost: \$84. For more information and to register call (847) 394-2848 or visit www.phparks.org.

FRIDAY, JUNE 5, 10:00 a.m. - 11:15 a.m. | Herb Planting Class for Seniors with Friendship Park Conservatory
395 W. Algonquin Road, Des Plaines | Make a bowl-shaped herb planter. Mt. Prospect Park District will supply a variety of herbs to choose from and teach proper plant care. Class may take place outside, weather permitting. Residents: \$20 Non-Residents: \$22. For more information, visit www.mppd.org or call call (847) 298-3500.

TUESDAY, JUNE 9, 6:30 p.m. | Community Engagement Event @ Mount Prospect Historical Society Central School, Central School, 103 S. Maple Street | Be a rock star with Mount Prospect Historical Society. Attendees of all ages will paint a rock that can be placed in Mount Prospect Historical Society's gardens, around town, or in their own gardens. Cost: FREE. For more information call (847) 392-9006 or visit www.mtphist.org.

WEDNESDAY, JUNE 10, 6:30 p.m. | Bessie's Workbasket at Mount Prospect Historical Society Central School
Central School, 103 S. Maple Street | Join Mount Prospect Historical Society for their Botanical Prints workshop. They use a few techniques to transfer pigments and texture to materials and paper. Prepare to get messy! Please bring a variety of leaves and flowers from your garden. Cost: \$10. For more information & to register visit www.mtphist.org.

THURSDAY, JUNE 11, 2:00 p.m. | Movies at Mount Prospect Public Library, 10 S. Emerson Street
Oscar winning movie: *One Battle After Another*. To register, visit www.mtpl.org or call (847) 253-5675.

TUESDAY, JUNE 23, 7:00 a.m. - 8:00 p.m. | Shipshewana Shopping Tour Trip with Prospect Heights Park District Active Adults | Join Prospect Heights Park District for a day of shopping & touring in and around the Shipshewana area! Travel scenic back roads passing horse-drawn buggies, tidy farm homes and white-washed barns. Bus will stop at a variety of welcoming country stores and quaint shops. This is an all inclusive tour! Round-trip motor coach transportation, snacks, water and a Thrashers dinner included. Cost: \$134. For more information, and to register call (847) 394-2848 or visit www.phparks.org.

FRIDAY, JUNE 26, 11:00 a.m. | Mindful Chair Yoga, 10 S. Emerson Street, Central School, | Join Mount Prospect Public Library and Mather for a gentle seated yoga practice incorporating breath awareness and meditation. This program is for adults 55 and older. To register, visit mtpl.org or call (847) 253-5675.

Senior Buzz Summer Brain Challenge answer:

30 1-Large, 16 Small, 2x2=9 & 3x3=4



Village of Mount Prospect
 50 S. Emerson Street
 Mount Prospect, IL 60056

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SENIOR BUZZ NEWSLETTER

HUMAN SERVICES DEPARTMENT STAFF MEMBERS

Director: Julie Kane
 Deputy Director: Esther Salutillo
 Senior Services Social Worker: Ginny Thomas
 Police Social Worker: Karyn Nelson
 Police Social Worker: Sandy Ziesak
 Community Social Worker: Jhoana Mendoza-Torres
 Community Social Worker: Jacqueline Damian

Public Health Nurse: Nicole Cooper-Ffrench
 Senior Activities Coordinator: Lisa Tenuta
 Office Manager: Esther Grimaldo
 Administrative Assistant: Rosa Gonzalez
 Administrative Assistant: Slav Mirkovic
 Therapy Dog: Hoover

Human Services
 50 S. Emerson St.
 Mount Prospect, IL 60056
 Phone: (847) 870-5680
Community Connections Center
 1711 W. Algonquin Rd.
 Mount Prospect, IL 60056
 Phone: (847) 506-4930

MENTAL HEALTH MATTERS

FEEL GOOD FRIDAY!

FRIDAY, JUNE 5, 2026 | 5:00 - 6:30 P.M. | EDWIN & ELSIE MEYN BUSSE "POCKET" PARK

ABOUT	ACTIVITIES & FUN STUFF	RESOURCES
THIS FEEL-GOOD EVENT WILL FOCUS ON WELLNESS & THE MANY WAYS TO TAKE CARE OF YOUR MENTAL HEALTH	MEET LOCAL THERAPY ANIMALS AND LEARN HOW STRATEGIES LIKE MUSIC THERAPY AND MOVEMENT CAN IMPROVE YOUR MENTAL HEALTH	VISIT THE RESOURCE FAIR WHERE WELLNESS EXPERTS, LOCAL MENTAL HEALTH & SUBSTANCE PREVENTION AGENCIES WILL SHARE INFO ABOUT THEIR SERVICES

STAY FOR THE FRIDAYS ON THE GREEN CONCERT 6:30 PM