

FREE EVENT MENTAL WELLNESS FAIR

MOVEMENT | MASSAGE |
MEDITATION | MUSIC & MORE

SATURDAY, SEPTEMBER 23

10AM-1PM

ST ANDREW UNITED CHURCH OF CHRIST



MENTAL HEALTH LOU
YOUR COMMUNITY WELLNESS HUB



FULLY ACCESSIBLE EVENT

PARKING IN THE REAR

2608 Browns Ln, Louisville, KY 40220 | (502) 452-1777 | saintandrewucc.org



SCHEDULED EVENTS

MOVEMENT

11:00AM

GENTLE YOGA W/ERICA (128)

11:15AM

TAI CHI (GYM/133)

11:45AM

GENTLE YOGA W/ERICA (128)

MEDITATION

10:15AM

GUIDED MEDITATION W/MARY (127)

10:45AM

SOUND MEDITATION W/LORI (127)

12:00PM

GUIDED MEDITATION W/MARY (127)

12:30PM

SOUND MEDITATION W/LORI (127)

MASSAGE

10:30AM-12:00PM

10 MINUTE CHAIR MASSAGES

INDIVIDUAL SIGN-UPS

MUSIC

10:15AM

STORYTIME W/JENNIFER (120)

10:45AM

MAKING MUSIC W/MORGAN (140)

11:30AM

MAKING MUSIC W/MORGAN (140)

12:00PM

STORYTIME W/JENNIFER (120)

ALSO CHECK OUT

SPIRITUAL DIRECTION

N.A.M.I LOUISVILLE

THE ART ZONE
SPIRIT OF SOPHIA

MENTAL HEALTH LOU

W.A.G.S

SELF-CARE

NORTON HEALTH



Saint Andrew
United Church of Christ