

SATURDAY, MAY 11
9 AM - 4 PM

Spring Wellness Fair

Demonstrations + Free Food + Prizes + Resources

Presented by
Community Advocates Public Policy Institute &
Milwaukee County Behavioral Health Division

Boost your health and happiness at our Spring Wellness Fair! This free, family-friendly event offers demonstrations, resources, free food at lunchtime, games, raffles, and prizes to celebrate May as Mental Health Month.

When: Saturday, May 11, 9 a.m.-4 p.m.

Where: Community Advocates Training Center, 6900 W. Brown Deer Road, Milwaukee

Who: All ages are welcome. Children must come with an adult.

Cost: Free!

9 – 9:45: Yoga with Denna Haslett, Grounded Soul Yoga

10 – 10:45: Mindfulness with Ambrose WB, MISPIBO Fitness

11 – 11:45: Basketball Shootaround with Cream Skills Basketball Association

11:30 – 1: Lunch

12:15 – 12:45: Line Dancing with Mind Body Soul Urban Line Dancers

1 – 1:45: Lyric/Poetry Workshop with Joshua Jenkins

2 – 2:45: Martial Arts with Frederick Coleman, Studio69

Plus: Aurora Family Services | Children's Hospital of Wisconsin | Diverse & Resilient MHS Wisconsin | Milwaukee County Energy Assistance | Milwaukee Fire Department Milwaukee Recreation | Milwaukee Women's Center | Social Development Commission



RSVP: ppi.communityadvocates.net