



Tri-County Indoor/Outdoor Health Expo

Thursday,
September 23, 2010
2:00 pm—8:00 pm

This event is located at the
Community Mental Health Bldg,
812 E. Jolly Rd, Lansing..outside
under tents and inside in the Atrium.

It is important for people of all ages to learn about staying healthy , and taking prevention steps, whether is for your physical or mental health, both of which make up your “1” body ... **YOUR HEALTH MATTERS...PUBLIC IS INVITED!**

Outdoors: (under tents)

- Free Health Exhibits
- Free Safety Exhibits
- Free Health Screenings
- Flu Shots –no cost to CMH consumers with Medicaid and Medicare
- Flu Shots -\$25.00 for all others
- Free Popcorn
- Free Hot Dogs, Chips, Drink, Brownie
- Free Fun for kids –inflatable's
- Bubble Blowing
- Live Miniature Horses provided by Sierra Rose Farms
- Drawings for Free Giveaways
- Each attendee will receive a bag of surprises (bags for kids & bags for adults)
- Medicaid Information Booth
- Art Exhibit

Indoors:

Free 30 minute mini workshops:

- ABC's to Staying Healthy with
- Diabetes
- Nutrition & Healthy Recipes
- Performing Arts for Deaf
- Mental Health Resources
- Autism
- Seasonal Affective Disorder & Ask the Pharmacist! (CPS Pharmacy)
- Puppet Show on Bullying

This event is sponsored by the Community Mental Health Authority of Clinton, Eaton, Ingham Counties -Customer Service Dept., and the Capital Area Health Alliance Mental Health Partnership Council with a host of agencies exhibiting .

THERE IS NO CHARGE FOR FOOD OR ACTIVITIES (Excluding the Micro-enterprise tent where one can purchase hand made items if they wish)



COMMUNITY MENTAL HEALTH AUTHORITY
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CAPITAL AREA
HealthAlliance | Mental Health
Partnership
Council