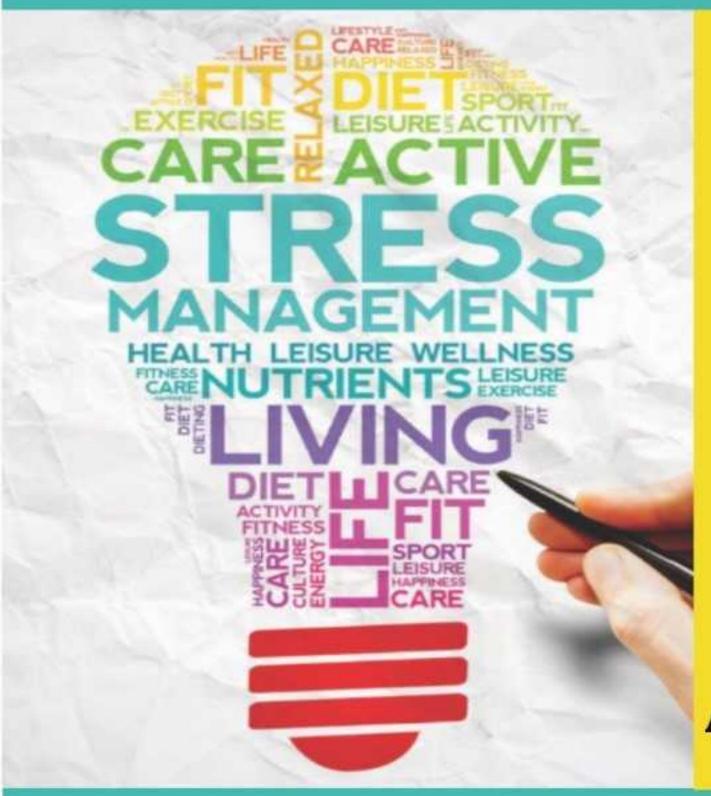
FAIRFIELD CITY SCHOOL DISTRICT PRESENTS

Mental Health Series Part III: Stress Management

A program for all families and adults who live or work with youth in Butler County and surrounding communities



Break-Out Sessions Include:

- Therapy Animals
- Yoga
- Nutrition/Diet
- Art Therapy
- Exercise/Fitness
- Hip-Hop Dance
- Mindfulness/Meditation
- Martial Arts

Keynote Speaker:

Dr. Scott Rasmus,
Executive Director
Butler County Mental Health &
Addiction Recovery Services Board

Fairfield Freshman School 8790 N. Gilmore Road, Fairfield, Ohio

5:30-6:30 pm: FREE Dinner & Provider Fair

6:30-8:00 pm: Stress Management Rotations

Save the
Date
Thursday,
March 14,
2019

Social Worker/Counselor CEU's are provided by the Butler County Educational

Service Center and approved and awarded by the State of Ohio Counselors and Social

Worker Board. Approvals RSX050901 and RCX05051001. 1.5 contact hours

provided to Educators.