

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.