

DEPARTMENT OF COMMUNITY & HUMAN SERVICES

RECOVERY MONTH DAY EVENT

THURSDAY, SEPTEMBER 4

Join us to honor recovery through art, movement, nutrition and wellness. Connect, Create and Celebrate your journey.

NUTRITION DEMOS

Learn the basics of nutrition to aid in recovery while enjoying complimentary samples.

MINDFUL ART

See how color and creativity support mental well-being.

BREATH WORK

Discover simple breathing techniques.

HERD ART ACTIVITY

Create and take home personal canvas



LEARN MORE



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

DEL PEPPER COMMUNITY RESOURCE CENTER
4850 Mark Center Dr. – Cafeteria
9 a.m. - 2 p.m.

DEPARTAMENTO DE SERVICIOS COMUNITARIOS Y HUMANOS

EVENTO DEL DÍA DEL MES DE LA RECUPERACIÓN

JUEVES, 4 DE SEPTIEMBRE

Acompáñanos para honrar la recuperación a través del arte, el movimiento, la nutrición y el bienestar. Conéctate, crea y celebra tu camino.

DEMOSTRACIONES DE NUTRICIÓN

Aprende lo básico sobre nutrición para apoyar la recuperación mientras disfrutas de muestras gratuitas.

ARTE CONSCIENTE

Descubre cómo el color y la creatividad contribuyen al bienestar mental.

TÉCNICAS DE RESPIRACIÓN

Descubra técnicas de respiración simples.

ACTIVIDAD DE ARTE COLECTIVO

Crea y lleva a casa tu propio lienzo.



**MÁS
INFORMACIÓN**



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

CENTRO DE RECURSOS COMUNITARIOS DEL PEPPER
4850 Mark Center Dr. – Cafeteria
9 a.m. - 2 p.m.

DEPARTMENT OF COMMUNITY AND HUMAN SERVICES

RECOVERY MONTH DAY EVENT

THURSDAY, **SEPTEMBER 4**

Join us to honor recovery through art, movement, nutrition and wellness. Connect, Create and Celebrate your journey.

NUTRITION DEMOS

9 - 10 a.m.

Learn the basics of nutrition to aid in recovery while enjoying complimentary samples.

MINDFUL ART

10:30 - 11:30 a.m.

See how color and creativity support mental well-being.

BREATH WORK

12 - 1 p.m.

Discover simple breathing techniques.

MAKE A MANDALA

1 - 2 p.m.

Create and take home personal mandala samples.



LEARN MORE



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

DEL PEPPER COMMUNITY RESOURCE CENTER

4850 Mark Center Dr. – Cafeteria

9 a.m. - 2 p.m.