

# MACOMB COUNTY



# Health and Wellness Fair

Saturday,  
September 23, 2023

10am–2pm

Macomb Intermediate School District  
44001 Garfield Road  
Clinton Township, MI 48038





## Vision

A community where families and people of all ages can maximize their emotional and physical well-being.

## Audience

For individuals and families from our diverse county.

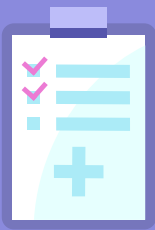
## Goals

-  **Encourage habits** of wellness in physical health, mental health and substance use recovery
-  **Increase awareness** of factors and resources contributing to well-being
-  **Inspire and empower** individuals to improve their health and wellness
-  **Support** a sense of community

## Activities

**Community Partners come together to share interactive activities** for youth and adults that promote aspects of mental wellness, with an overarching goal to help prevent suicide, substance misuse, and promote overall health and wellness.

Creative  
Happy  
Joy  
Exercise  
Peace  
Journaling  
Calm  
Painting  
Healthy Eating  
Gardening



**FREE** Food  
**FREE** Health Screenings  
**FREE** Activities and resources  
• Face painting • Yoga  
• Meditation



For more information, contact Crystal Birchall, [cbirchall@misd.net](mailto:cbirchall@misd.net)