

Door Prizes, Games
Free Food &
Entertainment!

Community Wellness Fair

Strengthening our community by promoting the mental well-being of youth, children and families

FREE!

April 28

Saturday 9:45 – 3:00
(free food 11:30 – 1:00)

Golden High School
701 24th St., Golden

Proudly Organized and
Sponsored by: **Rotary**
Club of Golden

Participating Sponsors:
JEFFERSON COUNTY COLORADO
City of Golden Public Health
usbank

This family-focused day of education and fun features classes, entertainment, resources and a showing of Disney's *Inside Out*.

Schedule of Events						
Exhibits Open	9:45 – 10:45	Music by Skeleton Dolls				
		Classes and Presentation designed for Youth, Children & Parents				
	10:45 – 11:30	Creative Art and Healthy Communication	Anxiety	What to do if I'm Worried About Someone?	Body Image	10:30 – 12:30
	11:45 – 12:30	Mindfulness	Transitioning to Middle School	Dealing with Difficult Events	Internet, Electronics and Social Media	<i>Inside Out</i> Movie Library
	1:00 – 2:00	Presentation by JC Jackman				
	2:15 – 3:00	Building Sources of Strength	Bullying	Substance Use and Abuse	Growing Up LGBTQ	

For more information, visit GoldenRotary.org/Fair



Golden High School PTA

