



NP<sup>3</sup>'s 1st Annual

# Wellness Fair

January 30th

5:30 pm- 7:30 pm | NP<sup>3</sup> MS/HS | Free MAP child care available

Free admission | Booths and Breakout Sessions

## Featuring booths and discussions about:

- The Food Pyramid & low cost healthy eating
- Sprouts Farmers Market
- American Foundation for Suicide Prevention
- Teen Driving Safety
- Mental Health Resources in our Community
- Bhagat Puran Singh Health Initiative
- Pilates
- Mindfulness Practices
- The Seven Habits
- The Cyber Lives of Teens

And many more!