

Mindful Monday

District Health & Wellness Event

Sponsored by Revere Community C.A.R.E.

February 26, 2024

5:30 - 8:00 pm

Revere High School

Food & Activities

5:30 - 7:30 pm

Swenson's Food Truck & Dewey's Pizza

Beverages & Snacks

provided by RHS Active Minds/Student Council

Bake Sale

provided by Richfield and Bath Elementary PTAs

Pop- Up Library & Activities

Richfield Branch Library

Therapy Dogs

K9 Caring Angels

Face Painting

RHS NAHS students

Information Booths

Various Mental Health Agencies

Mental Health:

What's Going on in Your Brain?

7:00 - 8:00 pm

Hunter Frey-Burkhart

President

KSU Active Minds Chapter and Neuroscience Club

Entertainment

5:30 - 6:00 pm

HEARTBEATS

JUMP ROPE TEAM

Breakout Sessions

6:00 - 6:30 pm

and

6:30 - 7:00 pm

**NUTRITION, IMMUNITY, AND
MENTAL HEALTH**

(for all ages)

DOODLING FOR STRESS

RELIEF

(for all ages)

INTERNET SAFETY

(for adults and children
accompanied by parents)

COPING TECHNIQUES

(for all ages)