

2ND ANNUAL
STRIDES
FOR
WELLNESS

Wednesday May 14th
5:30-7:30pm
Moraine Civic Center

May is Mental Health Month!
South Community and Payne
Recreation Center have teamed up
to create a fun and informative
wellness event
for all those in the community.

We want YOU to
think well, live well, be well

Food & Samples

Wellness Vendors

Join in a Walk

pet
friendly
event

Wellness Warrior Contest

**Form a team of 4 buddies or co-workers to compete to be the ultimate
Wellness Warrior!**

Events are: Walking for Wellness, Wacky Water Obstacle Course, "Volley-Wall"

If your team wins, you get a prize and bragging rights in the city of Moraine!
Cost is \$20/team and includes a T-Shirt

For more information & registration, contact
Jeni Sand: jsand@southcommunity.com 937-531-1990



www.southcommunity.com



www.ci.moraine.oh.us

South Community is committed to improving the quality of life and behavioral status of children, adults and families residing in the Greater Miami Valley. We provide care coordination services, outpatient care, home based services, outpatient therapy and partial hospitalization.