



Saturday
September 30, 2017
1:00 pm to 4:00 pm
11 Community Hall Rd
Meadows

Have Fun, Stress-Less & Feel Better!

All are Welcome to Visit the Interactive Booths!



Healthy Snack Station

- Make Your Own Trail Mix



Make Your Own Stress Relievers

- Hand & Facial Scrubs
- Stress Balls
- Homemade Silly Putty



Relaxation Corner Relaxation Techniques to do at home – Music, Mindfulness, Self Massage

Your Mind & Art - Graffiti Wall

Experience the Therapeutic Benefits of Art



Photo Booth Fun Capture your stress free moment!

Kids' Zone Events

Face Painting, Friendship Tree, Coloring Corner

Enjoy Mocktails & Smoothies!

**Everyone
Welcome!
Admission
is FREE**

Door Prizes!

For more information, email:
nostressfest@gmail.com