

**The Pere Marquette District Library  
is proud to present the First Annual**

## **Mental Health and Happiness Fair**

*Promoting a Mentally Healthy Life Style through Education and Information*

***Tuesday October 20th thru Friday October 23rd***

Events include: William Glasser Institute "Take Charge of Your Life" workshop.

Would you like to lead a more positive, intentional, happier life?

Evening & Morning sessions available

**WORKSHOP REGISTRATION REQUIRED \$10 per person**

**Call the Library or Visit**

**<http://www.pmdl.org/> to sign up today**

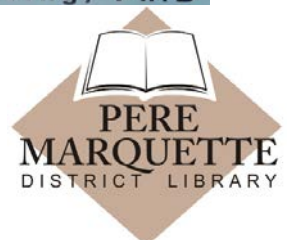
**989-386-7576**

Sponsored by



**Consumers Energy**

*Count on Us*





# MENTAL HEALTH AND HAPPINESS EVENT SCHEDULE

## TUESDAY OCTOBER 20

10 am - 8 pm

INFORMATIONAL RESOURCE TABLES

6 pm - 9 pm

EVENING WORKSHOP PART 1: TAKE CHARGE OF YOUR LIFE

## WEDNESDAY OCTOBER 21

9 am - noon

MORNING WORKSHOP PART 1: TAKE CHARGE OF YOUR LIFE

12:30 pm - 4:30 pm

GENERAL Q & A WITH LOCAL SERVICE PROVIDERS

12:30 pm - 4:30 pm

HEALTHY LIFE STYLE SEMINARS

(Learn easy techniques to manage stress & anxiety through Yoga, Emotional Freedom Technique, and the practice of Mindfulness)

## THURSDAY OCTOBER 22

6 pm - 9 pm

EVENING WORKSHOP PART 2: TAKE CHARGE OF YOUR LIFE

9 am - 8 pm

INFORMATIONAL RESOURCE TABLES

## FRIDAY OCTOBER 23

9 am - noon

MORNING WORKSHOP PART 2: TAKE CHARGE OF YOUR LIFE

