

In recognition of Mental Health Awareness Month, the **Visions of Hope** Recovery Program of the Mental Health Association of Genesee and Orleans Counties welcomes you to our

**When?**

**Saturday, May 14, 2016**

**11:00AM—3:00PM**

**Where?**

**BLUE PEARL YOGA**

**200 East Main St, 3RD Floor**

**Batavia, NY**

# Mental Health & Wellness Event

Join us for a day full of wellness, relaxation, and self-care!

Learn about various wellness techniques and mental health services within our community.

Activities include: **yoga breaks, meditation, reiki, belly dancing, essential oils, and more!**

\*See back of flyer for schedule.

This event is brought to you in collaboration with Blue Pearl Yoga, Rich Hayden Yoga and Maya Yoga Studios.

There is **no cost** to attend! Donations to our local Foodbank are appreciated. Please bring donations to the Visions of Hope table.



**Focusing on Wellness**



# Mental Health & Wellness Event Schedule

Activity	Location	Time
Adult Coloring	Art Gallery	11:00AM–3:00PM
Paper Flower Making With Kari Wilford From ProCRAFTinator's	Art Gallery	11:00AM–3:00PM
Essential Oils	Shop	11:00AM–3:00PM
Yoga Breaks With Nancy Jo Rademacker From Maya Yoga Studio	Main Studio	11:00AM 11:30AM 12:00PM 12:30PM
		*15 min/session
Mindfulness Meditation With Marianne Skye From Blue Pearl Yoga	4th Floor	11:30PM
Guided Visualization Meditation With Marianne Skye	4th Floor	12:30PM
Guided Imagery Meditation With Marianne Skye	4th Floor	1:30PM
Reiki Share With Rich Hayden From Rich Hayden Yoga	Small Room, 3rd Floor	12:00PM–2:00PM
Belly Dancing With Troupe Nisaa	Main Studio	1:00PM–1:45PM
Drumming With Um-Too	Main Studio	2:00PM–3:00PM

**Thank you for your support of Mental Health Awareness Month!**

**To learn more about us and the Visions of Hope Recovery Program, please visit our website at [www.mhago.org](http://www.mhago.org) and follow us on Instagram [@vohrecoveryprogram](https://www.instagram.com/vohrecoveryprogram)!**