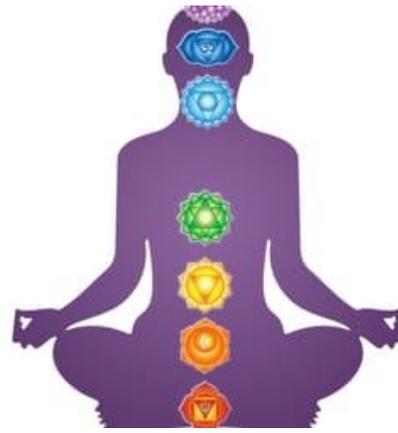


The North Woods Action Committee (NWAC) and the North Country Health Consortium (NCHC) are inviting you to join in the Holistic Wellness Fair!

Purpose: Stress is something we all experience and self-care is a learned skill. When people are not proactive in their own wellness, negative coping behaviors arise, which can lead to more serious substance use disorder and behavioral health issues. Holistic therapies and the healing arts have a lot to offer in the world of positive self-care and are underutilized tools for substance use disorder prevention and recovery maintenance.

In promoting prevention and multiple pathways of recovery, NCHC's Wellness and Recovery Model (WARM) program has come together with the Colebrook area prevention and recovery coalition, North Woods Action Committee (NWAC), to host a Holistic Wellness Fair. The goal of the Wellness Fair is to showcase a variety of holistic therapies to expose the community to the benefits they offer.

The Ask: The best way to learn is to experience! So, we are looking for holistic practitioners/healers/energy workers and other experts in the healing arts to offer their services as free mini-sessions to allow community members to receive a first-hand opportunity for understanding the many benefits holistic practices offer.



Details:

Holistic Wellness Fair and Dixville Half-Marathon, Relay, Fun Run/Walk

Location: North Country Recreation Center, 33 Rec Center Rd., Colebrook

Date: September 28th

Time: 11:00 a.m. – 3:00 p.m.

Description: The Holistic Wellness Fair will be held on September 28th from 11:00 to 4:00 at the North Country Recreation Center in Colebrook. The event is co-located with the Dixville Half-Marathon, Relay, and Fun Run/Walk finish line for all the races at the Recreation Center. The Colebrook Kiwanis will be hosting a BBQ after the races at the Recreation Center and there will be a bluegrass band playing, as well as yoga and Jiu-jitsu demonstrations.

Join NWAC and the North Country Health Consortium in our mission to promote prevention, showcase a variety of holistic practices, and support a culture that embraces wellness, resilience and recovery. If you are interested in participating and offering your services for this day of fun and education through first-hand experience, please contact:

Heidi Ballentine: (603)259-1744 or email: hballentine@nchcnh.org.

The North Country Health Consortium (NCHC) is a non-profit public health organization based in Littleton that collaborates with health and Human services providers serving northern New Hampshire. For more information about the Wellness And Recovery Model (WARM) Program or to learn more about opportunities working with the program, visit the website at <http://bit.ly/WARMprogram> or contact WARM Community & Education Coordinator, Heidi Ballentine: hballentine@nchcnh.org or 603)259-1744.