



**NWAC Mission:**  
Through education and raising awareness, the North Woods Action Committee's mission is to build healthy, safe, and supportive substance free communities.

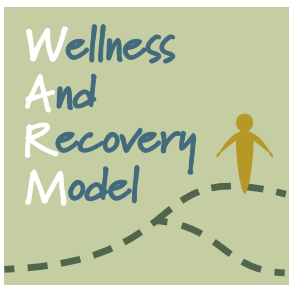
# HOLISTIC Wellness FAIR

**Saturday  
Sept. 28, 2019  
11am - 3pm**

Free mini-  
Alternative  
Therapy Sessions

Self-care  
tools for  
your  
toolbox!

North Country  
Community  
Rec. Center  
Colebrook, NH  
in collaboration  
with the  
Dixville  
Half-Marathon



Join us to learn about and experience mini-sessions & self-care techniques with alternative therapists! Including, Reiki, Massage, Aromatherapy, and others.



**FREE  
NARCAN  
TRAINING  
&  
MORE!**

Support for this event is provided by:  
~ North Country Health Consortium through the NH Public Health Network's Substance Misuse Prevention Program and the Wellness and Recovery Model Program: This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number D04RH3164 for the Rural Health Care Services Outreach Grant Program and grant number H1URH32387 for the Rural Health Opioid Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

603-259-3700

[NCHCNH.org](http://NCHCNH.org)



Leading innovative collaboration to improve the health status of Northern New Hampshire.