

# FRAZEE LIONS CLUB PRESENTS COMMUNITY WELLNESS EVENT

**CULTIVATE CONNECTION | EMBRACE WELLNESS**

## **When:**

Saturday, October 10th  
8:00AM – 11:30AM

## **Where:**

Wannigan Regional Park,  
Frazee, MN

## **Why:**

October 10<sup>th</sup> is World Mental Health Day. Join us to raise awareness of mental health challenges and encourage conversations for emotional well-being.

## **Schedule &**

## **What to Expect:**

**8:00AM:** Yoga with Kaitee  
(Open to all ages and experience!)

**9:00AM:** Coffee &  
Conversation with Local Mental Health Resource Fair

**10:00AM:** Arts, Crafts, and Journaling

**11:00AM:** Speaker & Walk  
Ta Fett, former Frazee High School School Counselor. Followed by a walk to the Troll!

**11:30AM:** Wrap-Up



## **Lions International**