



FOR IMMEDIATE RELEASE

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Saginaw County Community Mental Health Authority Hosting Ninth Annual Wellness Fair May 5

SAGINAW, MI – Saginaw County Community Mental Health Authority (SCCMHA) will be hosting their ninth annual Wellness Fair on Tuesday, May 5, 2015, from 10:00 am – 2:00 pm in the lower level of their 500 Hancock Street location. The fair is free to attend and open to all.

“This event gives mental health consumers, our partners, and the community an opportunity to learn about wellness, get access to resources, and learn about services provided by SCCMHA,” explained wellness coordinator Mary Baukus.

Visitors will be able to receive blood pressure screenings and strength testing, along with free health and wellness goodies to take home. The first 300 people through the door will be given a tote bag, and there will also be three prize drawings throughout the event for \$25 gift cards to community businesses.

Organizations participating in the SCCMHA Wellness Fair include Bayside Clubhouse, Friends for Recovery Center, Health Delivery Incorporated, List Psychological Services, Michigan State University Extension, Prevention and Youth Services, SCCMHA (Continuing Education, Health Home, Human Resources, Occupational & Physical Therapy, Salter Place Housing Resource Center, Self Determination, Supported Employment, Wellness), Saginaw County Commission on Aging, Saginaw County Parks and Recreation, Saginaw Pathways to Better Health, Saginaw Promise, Western & Southern Life Insurance, and YMCA of Saginaw.

“The focus of this fair is on ‘wellness’ as opposed to ‘health’ because we’ve found that helping people understand and focus on the dimensions that make up a healthy, happy lifestyle have a much greater impact than focusing on the general idea of health,” Baukus said. “If we can help people understand everything that goes into overall wellness, our community will not only be healthier, but also more fulfilled.”

For more information on the Wellness Fair and how to participate, contact SCCMHA Wellness Coordinator Mary Baukus at (989) 272-7228 or mbaukus@sccmha.org.

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Saginaw County Community Mental Health Authority is the local, separate governmental unit serving Saginaw County, a Community Mental Health Services Program (CMHSP), which provides and manages publicly funded specialty mental health and substance use disorder services.

SCCMHA is headquartered at 500 Hancock Street in Saginaw and provides numerous services including evaluations, screenings, treatments and referrals. SCCMHA assists approximately 5,000 Saginaw County citizens each year.