



# COMMUNITY STRETCH: For Mind, Body and Spirit

## PROGRAM KICKOFF: May 17th, 2021 7-8pm at Marshall Park, Ontario

### "Community Stretch: For Mind, Body and Spirit"

This program includes:

- Stretching
- Light Workout
- Guided Meditation
- Subject Specific Discussion with Sharing

The program focus is youth ages 14-24 and their families and will discuss topics such a:

- Signs of Depression
- Anxiety
- Suicidal Ideation
- Peer Pressure
- Cyber Bullying
- Eating Behaviors
- Sexuality
- Drugs and Alcohol
- Isolation and Loneliness



Stretching and Light Workout taught by **Austin Cooper**, a licensed professional **ISSA** (International Sports and Science Association) trainer.

Guided meditation led by **Eric Stigall** from **Ohio Health**.

Discussions presented by certified subject matter experts coordinated by **Richland County Mental Health**.

The program runs for 12 consecutive Mondays at the same time & location with the **EXCEPTION** of Memorial Day which we will meet on Tuesday that week **ONLY**.

This program has been created and supported as part of the **#BeAGoodNeighbor** initiative from the **KnowItB4UNeedIt.com** Richland County community partners. The mission is to help residents find what they need before they need it or know where to find it. As good neighbors to our community we want to recognize the good that is happening, find solutions where there is need, provide education and encouragement, and grow in community.

**LEARN MORE** at [KnowItB4UNeedIt.com](http://KnowItB4UNeedIt.com)