

Getaway with MHA

Presented by: Mental Health America of Summit County

Join us and be refreshed with activities for mind & body:

- Healing Touch Therapy
- Mindfulness Techniques
- Mini: Manicures, Pedicures, Massages
- Hors D'oeuvres
- Vendors Offering Retail Therapy



ZUMBA

Get Energized or
Just Relax!
Prizes!
Music!

*Dress to
Decompress!*
Wear your comfy
clothes.

Yoga



The Pavilion at Falls River Square * 2085 Front Street * Cuyahoga Falls, Ohio

Thursday, September 16, 2010

5:30 to 8:30 p.m.

\$20 per person

(Reservations Required)

R.S.V.P. to 330-923-0688

Make it a Ladies' Mental Health Night Out!