



**FOR IMMEDIATE RELEASE**

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### **Saginaw County Community Mental Health Authority Hosting 10th Annual Wellness Fair May 3**

SAGINAW, MI – Saginaw County Community Mental Health Authority (SCCMHA) will be hosting the 10th annual Wellness Fair on Tuesday, May 3, 2016, from 10:00 am – 2:00 pm at the Family Resource Center at 1901 Maple Street. 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 250 people through the door will be given a tote bag, and there will also be three prize drawings throughout the event for gift bags valued up to \$25.

Organizations participating in the SCCMHA Wellness Fair include CAN Council Great Lakes Bay Region, Continuing Education at SCCMHA, Covenant Occupational Health, Dot Caring Centers Incorporated, Friends for Recovery Center, Health Delivery Incorporated, Healthy Families America, Health Home and Wellness Center at SCCMHA, LLEAD of Saginaw, Michigan State University Extension, Saginaw County Commission on Aging, Saginaw County Employee Credit Union, Saginaw County Parks and Recreation, Saginaw Police Department, Saginaw Promise Scholarship, Self Determination at SCCMHA, Supported Employment at SCCMHA, Wellness at SCCMHA, 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](mailto: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.*