

2<sup>ND</sup> ANNUAL  
**STRIDES  
FOR  
WELLNESS**

Wednesday May 14<sup>th</sup>  
5:30-7:30pm  
Moraine Civic Center

May is Mental Health Month!  
South Community and Payne  
Recreation Center have teamed up  
to create a fun and informative  
wellness event  
**for all those in the community.**

We want YOU to  
think well, live well, be well

**Food & Samples**

**Wellness Vendors**

**Join in a Walk**

pet  
friendly  
event

**Wellness Warrior Contest**

**Form a team of 4 buddies or co-workers to compete to be the ultimate  
Wellness Warrior!**

Events are: Walking for Wellness, Wacky Water Obstacle Course, "Volley-Wall"

If your team wins, you get a prize and bragging rights in the city of Moraine!  
Cost is \$20/team and includes a T-Shirt

For more information & registration, contact  
Jeni Sand: [jsand@southcommunity.com](mailto:jsand@southcommunity.com) 937-531-1990



[www.southcommunity.com](http://www.southcommunity.com)



[www.ci.moraine.oh.us](http://www.ci.moraine.oh.us)

South Community is committed to improving the quality of life and behavioral status of children, adults and families residing in the Greater Miami Valley. We provide care coordination services, outpatient care, home based services, outpatient therapy and partial hospitalization.