



# Nurturing Our Well-Being:

## A Celebration of Mental Health

Join us for a FREE  
community event focused on  
mental well-being.

Celebrating Mental Health Awareness Month

Saturday, May 17, 2025  
9 a.m. - 1 p.m.

Dixon Health & Wellness Center - Walking Trail  
4212 E. Southcross Blvd.  
San Antonio, TX 78222

### Activities & Giveaways for the Entire Family

Baila Class

Drum Circle

Chair Yoga

Tai Chi

Bounce House

Live Music

Food & Drinks

Learn Breathing Exercises &  
Practice Positive Affirmations

Produce Market &  
More!

*Bring your lawn chair and spend the morning with us.*



**Methodist  
Healthcare  
Ministries**

**SERVING HUMANITY TO HONOR GOD**