



Department of
Mental Health &
Addiction Services

HEALTHY MEALS FOR HEALTHY MINDS

Nourish Your Body, Bloom Your Mind:
A Spring of Wellness and Joy

Join us for Healthy Meals for Healthy Minds, where we celebrate the renewal of spring with nutritious food and mental wellness.

This event is designed to nurture the health and happiness of you and your family while embracing the joy and growth of the season.

- Free Groceries featuring fresh produce and springtime essentials for creating vibrant, healthy meals.
- Wellness Resources from community organizations on nutrition, mental health, and the connection between healthy eating and overall wellness.
- Health Screenings including blood pressure checks, personalized nutrition advice, and seasonal health tips.
- Fun activities for the entire family!

Let's bloom together into a healthier, happier spring!

Presenting Partners:



Date: Tuesday, May 13, 2025

Time: 4:30 p.m. to 7 p.m.

Location: Eastern Elementary School,
38850 State Route 7, Reedsville, OH 45772

