

# May is Mental Health Awareness Month!

Join us at the Atchison County Health  
Department in Tarkio for

## **STRESS LESS FEST!!**

Address: 421 Main Street, Tarkio MO 64491

Date: Thursday, May 26th

Time: 6-7 p.m.

Come celebrate Mental Health Awareness Month at  
the Atchison County Health Department!  
You and your kids will have the opportunity to do yoga and  
explore some fun and soothing sensory bins.  
These activities will help you and your children learn how to  
reduce stress and promote positive mental health.  
Everyone will make a stress ball to take home and parents will  
also receive a self-care kit!

**FREE Group Connection Held By**



Atchison County



**Public Health**  
Prevent. Promote. Protect.

Contact Julie Livengood at 660.736.4121  
or Katie McCown at 816.420.7595 if you  
have any questions.



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