

Roscommon County Health Improvement Working Group

# Fall Into Wellness

**September 18th 11:30-1:30pm**

**Trestle Park, Prudenville**

Feel free to bring a picnic lunch to enjoy after the activities

Come enjoy Trestle Park while learning more about physical activity and wellness for the entire family. Visit the stations for information on wellness as you walk around and enjoy the scenery near Houghton Lake. For questions please call Melissa at 989-366-9166 ext. 8642 or email us at [msteiner@cmdhd.org](mailto:msteiner@cmdhd.org).

\*Children must be accompanied by an adult

## **Vendors include:**

Catholic Human Services

MidMichigan Community Health Service

Mercy Home Care/Mercy Hospice

Central Michigan District Health Department

