



NATIONAL WELLNESS MONTH

Wellness is for Everyone.



In a Crisis? Call/Text 9-8-8



Teens, You Belong: Connect at Palo Alto teen hubs like Mitchell Park Teen Center



Combat Loneliness: Join a friend, neighbor, or meet someone new at a City event.



Zen Out and Breathe: Attend Tai Chi, Yoga, Reading & Classes

Find Resources at www.cityofpaloalto.org/BeWell



Persons with disabilities who require materials in an appropriate alternative format, auxiliary aids, or modifications to policies or procedures to access City meetings, programs, or services should contact the City's ADA Coordinator George Hoyt at (650) 329-2550 or by emailing ADA@cityofpaloalto.org.



Printed on 100% post-consumer recycled paper, bleached without chlorine. 8/24