



Southeast Steuben County Library
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ssclibrary.org

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FOR IMMEDIATE RELEASE

COMMUNITY EMOTIONAL WELLNESS FAIR SET FOR MAY

In honor of Mental Health Awareness Month the Southeast Steuben County Library has partnered with the Compeer Program to offer a Community Emotional Wellness Fair.

It will be held on May 12 and May 26 from 6-7:30 p.m.

"Stress is a normal part of life. Caring for your mental health and well-being should also be part of life," said Erica Flanagan, children's specialist at the SSC Library.

Attendees can circulate through a variety of wellness stations for positive thinking, music and movement and essential oils and aromatherapy.

Visitors can also spend some quality time with a few of our Happy Tales Therapy dogs, Flanagan added. Visitors will be able to learn about pet adoption at the fair, as well.

These family-friendly programs are open to all ages, and remember you have two opportunities to attend: May 12 and 26.

Compeer is a not-for-profit companionship program that is based on the concept that a volunteer's friendship and support can ease the loneliness and isolation that accompany mental illness. Those interested in becoming a Compeer mentor can get more information at the wellness fair.

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Programs made possible by the Friends of the Library
The library is handicapped accessible. If you require special accommodations, please call us in advance: (607) 936-3713.