



SAMHSA's

NATIONAL WELLNESS WEEK NEEDS YOU

EVERY THIRD WEEK OF SEPTEMBER

Wellness can improve quality of life and increase years of life, especially for individuals with mental or substance use disorders.

National Wellness Week, held from Sunday through Saturday every third week of September, celebrates different aspects of wellness that you and your community can put into practice to improve your overall health.

Join in the excitement to improve your health by organizing or attending activities near you! Fill out the details to the right to plan your National Wellness Week activities.

To learn more about the Eight Dimensions of Wellness, visit:

www.samhsa.gov/wellness-initiative

NAME OF ORGANIZATION/HOST:

EVENT NAME AND DESCRIPTION:

