



Wellness Wednesday

Make Your Own Trail Mix and Grab a Drink

Wednesday June 28



WHAT:

- Make your own trail mix with a mixture of dried fruit, nuts, grains (while quantities last)
- Grab a drink for your walk or outing while in downtown Trenton
- Discuss mental health and wellness
- Access a variety of mental health resources, take home information

WHEN:

Wednesday June 28, 2023 9am—12pm

WHERE:

Trenton's Farmers Market
67 Front Street, Trenton



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