

An IRL Festival for Mental Health Action Day

SELF CARE SUNDAY



love
happiness
peace

GAMES

AND

PRIZES!

MAY 21 / 12-5PM

Rahway River Park

FREE FOR ALL

Collective Breathwork Experience / Community Art Station / Conversation Wall / Dance Fitness / DJ / Healthy Snacks / Jumbo Games & Activities / Mental Health Resources / Pause and Spin Station / Pick Up Basketball / Pick Up Tennis / Share a Moment Postcard Station / Silent Party / Meditation / Sound Bath / Walk/Run Paths / Wellness Main Stage / Yoga / Zen Zone Relaxation Lounge

Register Today! [Selfcaresunday.io](https://selfcaresunday.io)

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