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Stress Less Fest Promotes Positive Mental Health

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Stress Less Fest Promotes Positive Mental Health

April 4, 2022

The Lindenwood Public Health Student Association, in collaboration with the St. Charles County Department of Public Health, and the St. Charles County Center for Advanced Professional Studies, are hosting a community-wide mental health and COVID-19 vaccine awareness event at Lindenwood University Sunday, April 10 from 11 a.m. – 2 p.m.

The Stress Less Fest will take place on the Evans Lawn, located outside of [Evans Commons](#) (number 14 on the [campus map](#)), and is intended to create a positive and supportive environment for everyone in the Lindenwood community.

Lindenwood students, staff, faculty, and the St. Charles community are invited to mingle on the Evans Lawn and participate in several activities focused on positive mental health.

LINDENWOOD UNIVERSITY
209 S Kingshighway St, St Charles, MO 63301
LU STRESS LESS FEST
EVANS LAWN
SUNDAY, APRIL 10
11 AM - 2 PM

- Free Food**
 - BBQ
 - Happy Nutrition samples
 - Taste 4 Life popovers
- Health**
 - COVID-19 vaccination opportunity
- LAX Meet & Greet**
 - Meet the Women's Lacrosse National Champions!
- Raffles & Giveaways!**
 - First 50 children to get vaccinated receive a sets activity basket
 - Adults can enter to win a self-care basket, fitness basket, and outdoor fun basket
- Complete Harmony**
 - Yoga & Art
- Pet Therapy**
 - Love on a Leash pet therapy dogs!
- Tie-Dye**
 - Join us in Tie-Dying your Stress Less Fest T!
- Create a Journal**
 - Relax and decorate your own personalized journal!
- Mental Health Workshops**
 - Join American Foundation for Suicide Prevention in age appropriate workshops

“This event is an opportunity for us to come together as a community, focus on our individual health and our collective health. We are in this together and can support one another in our mental and physical health in a fun way,” Assistant Professor of Public Health Amy Estlund said.

Activities include the American Foundation for Suicide Prevention workshops, pet therapy dogs, Complete Harmony Yoga for Youth, make-your-own

journals, tie-dying t-shirts, a chance to meet the women's lacrosse National Champions, and several giveaways. The event will have free appetizers from Tacos 4 Life, Happy Nutrition samples and barbeque.

Attendees will also have the opportunity to receive the COVID-19 vaccine or booster. Schedule an [appointment](#).