

HEALTH EDUCATION COUNCIL IS  
PROUD TO BRING YOU

# Mindful Community Festival

Come out and connect with your community!

*FOOD | FUN | FRIENDS | FAMILY*

The event highlights include:

- Live Performance
- play "Trigger"
- Community resources
- Raffles
- A jump house for kids
- Food trucks
- ...and so much more!

**FRIDAY 10 MAY 2019**

**4 P.M.- 9:30 P.M.**

**PLAY STARTS AT 7:30 P.M.**

**SATURDAY 11 MAY 2019**

**3 P.M.-9:30 P.M.**

**PLAY STARTS AT 7:30 P.M.**

**NIELSEN PARK  
7596 CENTER PKWY  
SACRAMENTO, CA 95823**

This event is free and open to the public  
Bring your own chairs and/or blankets

**Trigger**  
Stage Play



 **KAISER PERMANENTE®**



**HEALTH  
EDUCATION  
COUNCIL**

*City of*  
**SACRAMENTO**

For more details about this event, visit our website at  
[www.healthedcouncil.org](http://www.healthedcouncil.org) For inquiries, call (916) 556-3344 or  
email at [ilucas@healthedcouncil.org](mailto:ilucas@healthedcouncil.org).