

PARTICIPATE IN SAMHSA'S National Wellness Week Every Third Week of September

Wellness can improve quality of life and increase life expectancy, especially for people with mental health and substance use disorders.

National Wellness Week is a way for us to improve our health while exploring our talents, skills, interests, social connections, and environment.

Celebrate National Wellness Week by participating in activities near you!



For more information about SAMHSA's National Wellness Week visit

<http://www.samhsa.gov/wellness>



Office of
Women's
Health



www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)