



Connecting the Dots Expo

CONNECTING FAMILIES AND RESOURCES
TO BE HAPPY, BE HEALTHY & HAVE FUN

PRESS RELEASE

July 20, 2016

FOR IMMEDIATE RELEASE

CONNECTING THE DOTS EXPO

A FREE community EXPO, Saturday, July 30, 2016

Connecting the Community to Resources

for wellness and emotional healing

(Baton Rouge, LA). The **Connecting the Dots EXPO**, a FREE community expo providing resources for wellness and emotional healing in a day of free activities for families and residents of all ages will be held Saturday, July 30, indoors at the Crowne Plaza Hotel, 4728 Constitution Ave in Baton Rouge. The day is designed to feed the mind, body and soul and will be a day of FREE family activities while also learning about available community resources for grief, trauma, emotional healing, and behavioral health wellness.

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Connecting the Dots EXPO

Children, teens, families, parents, single parents, and grandparents can enjoy a day of FREE family activities in the cool indoors arena of the Crowne Plaza Hotel with family oriented fun, prizes, give-aways, art activities, sport star, workouts for the brain and body, yoga, the Y exercise mini-classes, and BREC's 600 Sq. feet Let's Play Room. While enjoying activities, learn of the community support available by organizations who can provide resources for wellness and emotional healing.

The day kicks-off with autographs from Saints Hall of Fame inductee Tyrone Hughes from 9-10am. Kids of all ages can play all day at BREC's on the Geaux - Let's Play Room featuring the Kaboom Rigamajig Building Boards, Hula Hoops, Hopping Balls , Crawl Tunnels, Slack Line Scooters, Tricycles, Beach Ball Basketball.

Children can see Tootles the Turtle and enjoy readings from **Tootles the Turtle Tells the Truth** ever popular author, Lenell Levy Melancon.

Over 100 sponsors and exhibitors will be available to answer questions, provide information, present community resources, and support families and friends of those who deal with mental, behavioral and emotional health issues.

Exhibitors include:

Mental and Behavioral Health Resources and Support

Healthy Lifestyles & Living Resources

Mental Illness Prevention & Treatment Options

Reducing Mental, Behavioral and Emotional Health Stigma

Children/Youth/Teen/Family/Elderly Mental Health Resources

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Body & Mind Wellness & Connections

Workouts for the Brain & Body

Connecting the Dots Art Therapy

Mind, Meditation & Yoga

Recovery Programs

EVENT HEALTHCARE/WELLNESS FEATURE:

**AIDS Healthcare Foundation
100% Free and Confidential Status
Mobile Unit Outside of Crowne Plaza 9am-3pm**

Schedule Includes:

Atrium

- 8:30 Welcome
 Master of Ceremonies – Leo Honeycutt,
 Louisiana Legend and Award Winning
 Television Journalist and Author
- Opening Remarks/Kick-Off – Tyrone Hughes,
 New Orleans Saints Alumni and Hall of
 Fame Inductee
- 9:00 Autographs by Tyrone Hughes,
 New Orleans Saints Alumni and Hall of
 Fame Inductee

Premier Ballroom

- 10:00 Tootles the Turtle
 Lenell Levy Melancon, author, reads
 TOOTLES the TURTLE TELLS the
 TRUTH, An Interactive Tale about Secrets

11:00 the Y
Functional Fitness with D'Andre Guerin
Be inspired and have fun! Learn, enjoy,
stay fit and improve your health with
simple exercises for all ages and for all
levels!

12:00 Yoga Bliss with Amanda Bergeron
Learn how to keep calm amidst the chaos
with yoga moves and meditation

Premier Ballroom

1:00 the Y – Family Fitness with Joey Godfrey
Connect your family to health and
wellbeing, easily and effortlessly. Learn
How.

2:00 Tootles the Turtle
Lenell Levy Melancon, author, reads
TOOTLES the TURTLE TELLS the
TRUTH, An Interactive Tale about Secrets

ALL DAY ACTIVITIES

AIDS Healthcare Foundation
100% Free and Confidential Status
Mobile Unit Outside Day of Event

BREC on the Geaux – Let's Play Room
All ages are welcome to come and play!

PRIZES DRAWN EVERY HOUR ON THE HOUR

For more information: visit www.ARCHConnections.com. **Connecting the Dots EXPO** is
produced by ARCH Connections and hosted by Echad Awakening .

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