



The  
**MINDFUL**  
Space

active minds

# Community Wellness Day

## Mental Health Matters Resource Fair

Barstow Community College  
James R. Parks Gymnasium

**April 8, 2026**  
**11:00am to 3:00pm**



Strong Minds, Strong Bodies, Strong Communities.  
Join us for a day of health & wellness as we explore the interconnectedness of physical and mental health.

- Health & Wellness Vendors
- Dia de Los Ninos Celebración
- Family Friendly Activities
- **FREE LUNCH & GIVEAWAYS**

*\*\*\*while supplies last*



**Open to the Community**

For questions or vendor applications:  
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760-252-6873



[www.barstow.edu/TMS](http://www.barstow.edu/TMS)