

Join Us for Mental Health Champion Training



A fun and interactive workshop where kids can participate in confidence-building olympian/paralympian-themed activities, games and challenges that promote teamwork, physical activity and positive mental health, featuring mascots and Kroger Krojies!

What to Expect:

- **Fun activities for both parents and children**, like arts and crafts, yoga poses, and blowing giant bubbles.
- **Interactive games** designed to help kids understand and express their feelings.
- **Practical and easy tips** for managing stress, improving emotional well-being, and creating healthy habits.
- **Giveaways and take home resources** for families.

Together, with support from the entire community, Cincinnati Children's is deeply committed to improving mental, behavioral and developmental health outcomes for children in Greater Cincinnati and beyond.

Learn More:

Mental and Behavioral Health Institute
at Cincinnati Children's:

cincinnatichildrens.org/mbhi

2024 Kroger Wellness Festival:

kroger.com/wellnessfestival

Mental Health Crisis / Emergency:

Call or text the **988 Suicide Prevention Lifeline**
or dial **911** in case of emergencies

When:

Saturday, Sept. 28, 2024

11:30 am – 12:15 pm: Join the interactive workshop

11 am – 7 pm: Visit our booth for free giveaways, resources and activities for the whole family

Where:

2024 Kroger Wellness Festival

**Kenvue Stage, near Fifth Street and Sentinel Street
Downtown Cincinnati**

The **Kroger Wellness Festival** (Sept. 27–28) is a free, family-friendly event featuring more than 200 wellness-oriented experiences, including fitness activities, cooking demonstrations, hands-on workshops and live music across multiple stages. Some of this year's celebrity guests include:

- **Alex Rodriguez**, three-time MVP, World Series Champion
- **Allyson Felix**, seven-time Olympic gold medalist sprinter
- **Laurie Hernandez**, Olympic gold medalist gymnast
- **Chrissy Teigen**, NY Times bestselling cookbook author
- **Briana Butler**, former WNBA player and nutritionist

Plus, two free concerts from **Third Eye Blind** (Sept. 27) and **Jason Derulo** (Sept. 28).