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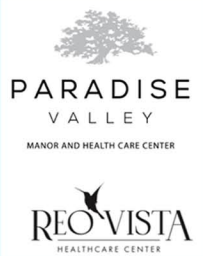
UC San Diego Health



"We'll Take Care of It"



FAMILY HEALTH CENTERS OF SAN DIEGO



PHILIPPINE NURSES ASSOCIATION OF SAN DIEGO COUNTY, INC.



Mental Health Awareness and Resource Fair

A FREE Community Event

Directions to Sweetwater High School Gymnasium:

From South: Head to 805 North. Take the exit to merge onto CA-54 West. Keep left to merge onto CA-54 West. Take exit 1D onto Highland Ave. Turn right onto Highland Ave. Turn left onto E. 24th St. Turn left onto F. Ave. Pass Olivewood Middle School on the left. Go straight onto SWHS Gymnasium parking lot on the right.

From North: Head to 805 South. Take the exit to merge onto CA-54 West. Keep left to merge onto CA-54 West. Take exit 1D onto Highland Ave. Turn right onto Highland Ave. Turn left onto E. 24th St. Turn left onto F. Ave. Pass Olivewood Middle School on the left. Go straight onto SWHS Gymnasium parking lot on the right.

For enhanced event security and to expedite the entry process for all of our attendees, PNASD will prohibit bags with the exception for single compartment bags measuring 7" x 10" or smaller, infant and medical bags.

Health

Live Well on Wheels
Vaccination

Wellness

Yoga
Art Therapy
Zumba

Zen-Touch Massage
Dance the Stress Out
Meditation

Saturday,
May 20, 2023
09:30 AM - 4:00 PM

Sweetwater
Union High School
2900 Highland Ave.
National City, CA 91950

Note:

Event is located at
Gymnasium area,
behind the school.
Please follow directions
back of this brochure.

09:30 **Event Registration Opens to Public**

09:30 - 4:00 pm **Exhibitors: Mental Health and
Non-Mental Health Providers**

OPENING CEREMONY - GYM

Emcee: Brandee Hassell

10:00 - 10:05 am **National Anthems: USA & Philippines
PNASD Chorus**

10:05 - 10:10 am **Reflection/Prayer
Fr Joselito Tiongson
Military Chaplain NAS North Island**

10:10 - 10:15 am **Welcome Message
Perly Aguinaldo, PNASD President**

10:15 - 10:20 am **Ron Morrison, National City Mayor**

10:20 - 10:25 am **Nora Vargas (Representative)
Chair Woman, San Diego County
Board of Supervisors**

10:25 - 10:30 am **Michael Krelstein, MD
Chief Medical Officer
San Diego County Health and Human
Services Agency
Behavioral Health Services**

10:30 - 10:35 am **Renato De La Rosa, MD
Philippine Medical Association
of San Diego**

10:50 am **Official Opening of the Fair
Jay Larrosa
Chair, PNASD Mental Health Advocacy
Committee**

11:00 - 4:00 pm **Wellness Activities
*See separate schedule**

12:10 pm **Prize Giveaway Part I - GYM**

3:00 pm **Event Registration Closes to Public**

4:00 pm **Event Ends**

CLOSING CEREMONY

3:00 pm **CLOSING MESSAGES - GYM**

Dixie Galapon, PhD, Psych
Associate Director, Mental Health
Family Health Centers of San Diego

Virtud Oloan, PhD, PMHN, RN-BC
Advance Practice Nurse, Behavioral Health

Vivian Sanderlin
PNASD Board of Director

PRIZE GIVEAWAY PART II - GYM

WELLNESS ACTIVITIES

11:00 - 4:00 pm **Zen-Touch Massage and
Wellness Services
Outside of GYM**

11:00 - 11:30 am **Yoga
GYM**

11:30 - 3:00 pm **Art Therapy
GYM**

11:40 - 12:10 pm **Zumba
GYM**

12:40 - 1:10 pm **Meditation
GYM**

1:20 - 1:50 pm **Dance the Stress Out
GYM**

**Liability Release for those participating on
physical activities**

You should understand that participating in any of the activities carries the possibility of physical injury. You should be in good physical condition and able to participate in the activities. If you engage in these activities, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.

Statement on Photo/Video Consent/Release

PNASD reserves the right to use any photograph or video taken at any event sponsored by PNASD without expressed written permission for purposes including but not limited to posting on PNASD website, social media, PNASD and PNA newsletter.