



Alaska Health Fair, Inc.

501 (c) (3) Non-Profit
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Health Fair Materials Examples

Subject: Mental Health

Stress & You



SUBJECT: MENTAL HEALTH

Target: Adult

Description: Shows causes and signs of stress, explains how your body responds to stress. Common signs of, physical consequences of and stress management tools show.

Size: 58" x 22"

2010

STRESS BAGS



SUBJECT: MENTAL HEALTH

TARGET: ADULTS

Description: Everyday events create stress for ALL age groups. See how fast things add up!

What you should know about Depression



SUBJECT: MENTAL HEALTH

Target: Adult

Description: Discusses depression by explaining: what is depression, what are the causes of depression, what are the signs of depression, and what are the treatments for depression .

Size: 58" x 22"

2010