



Flourish & Nourish

*A Community Engagement Event with
Valleywise Health McDowell Clinic*

DATE:

Thursday, October 2, 2025

TIME:

11:00 a.m. – 1:00 p.m.

WHERE:

1101 N. Central Ave, Phoenix, AZ 85004 (Big Box Room)

WHO:

Everyone

Mental Health Resources: Brief presentation from Valleywise Health Integrated Behavioral Health (IBH) Services and Storytelling from the Voices of Hope Speakers Bureau.

Planned Activities: Food, Yoga, Sound Baths & Healing, Arts & Crafts, etc.

RSVP: To register, please scan the QR code above, call the Quality Coordinator at **480-291-2162**, or send an email to

McDowellFeedback@valleywisehealth.org.



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 Valleywise Health