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**NEWS
RELEASE**

04/29/2021

Live Active El Paso Hosts Mental Health Classes and Resources Fair

EL PASO, Texas — As part of Mental Health Awareness Month in May, Live Active El Paso will be hosting several Mental Health Awareness classes and a resource fair throughout the month.

The free classes are for all ages and aim to bring awareness to and make mental health a priority in our community. The classes will feature the City’s community partners Texas Tech University Health Science Center, NAMI El Paso, Aliviane, Empowernest, Emergence Health Network, and the Child Guidance Center.

Time: 5:30 – 6:30 p.m.

Location: Valle Bajo Community Center

- May 2 – Self Care Because I Care with Empowernest
- May 9 – Mental Health Resources for Families with the Child Guidance Center
- May 16 – How to Handle Stress with Emergence Health Network
- May 23 – Healthy Mind Healthy Life with Aliviane

A free Mental Health Awareness Resource Fair will wrap up the month on Thursday, May 26 at San Jacinto Plaza beginning at 6 p.m. The community is invited to visit and talk to several mental health resource partners and experts, enjoy a free yoga session and ease stress with live music.

About Live Active El Paso

Created in 2020 by the City of El Paso, Live Active EP began as an initiative to improve the overall health of our community due to the COVID-19 pandemic. Live Active EP is a citywide community movement that promotes better health and wellness by encouraging physical activity, improved nutrition, and strong mental health.

The initiative includes more than 40 partner organizations such as local gymnasiums, nutritional eateries, non-profit health organizations and local businesses. Live Active EP provides residents free information on health events such as hikes, exercise classes, nutrition classes and mental health sessions to get people health and find community support.

For more information on Live Active El Paso, visit www.liveactiveep.com.

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