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Acalanes Wellness Fair features new Wellness Center

Submitted by Graham Wiseman



The third annual Wellness Fair held Sept. 28 at Acalanes High School, organized by the Acalanes Parents Club, Wellness Committee led by Holly Nolan, Graham Wiseman, Kelsey Kobayashi and Sylvia Sheehan along with Acalanes parent volunteers, featured ARF Therapy Dogs, Smoothie Blender Bikes, Zumba Dancing, Kaiser Permanente Health Education on sugar in drinks, Ping Pong, Henna Tattoos, Sleep Knowledge, Stress Balls, Self Defense, Contra Costa Crisis Center, Gratitude Wall, Nutrition, Pilates and, most importantly, a walkthrough of the new Acalanes Wellness Center for over 100 students.

The event was well attended during an academy period and showcased Acalanes parents' commitment to mental health wellness.

Photo provided

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