Eastern Idaho Public Health
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NEWS RELEASE

For Immediate Release
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Eastern Idaho Public Health and Idaho Falls Public Library Host Free "Season of Support" Community Wellness Event

Idaho Falls, ID – Community members of all ages are invited to attend *Season of Support*, a free event promoting health, mental wellness, and community connection. Hosted by Eastern Idaho Public Health (EIPH) and the Idaho Falls Public Library, the event will take place on Monday, November 23 from 10:00am to 7:00pm at the library (457 W Broadway St.).

Attendees can drop in throughout the day for family-friendly activities, a community resource fair, and even **Story Time with the Spudkings!**

While the holidays are often a time of celebration, they can also bring heightened stress, grief, loneliness, anxiety, and depression-sometimes leading individuals to isolate or turn to unhealthy coping mechanisms like substance misuse. *Season of Support* aims to counter that by offering a welcoming space where community members can come together, build connections, and access resources that support overall well-being.

Schedule of Events

Blockfest: 10am-12pm (Meeting Room 1)
- Kids and their caregivers will be able to engage in playful learning at five block stations. Open house format. Ages infant to 10 years old.

Community Health: 12-1:30pm (Program Room)
- Learn about substance misuse and suicide prevention through engaging activities.

Journaling for Teens: 2-4pm (Program Room)
- Journals and art supplies will be provided to teens, along with demonstrations and prompts.

Story Time with the Spud Kings: 4-5pm (Meeting Room 1)
- Participate in an interactive story time with our favorite hockey team, then take pictures with the players.

Community Resource Fair: 5:30-7pm (Meeting Room 1)
- See what resources local agencies have to offer.

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