

NATIONAL PREVENTION *we* **EK**
A CELEBRATION OF POSSIBILITY

**MAY 10-16
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CDAC PROMOTES THE POWER OF PREVENTION

Building wellness goes beyond looks, it's about feeling strong, healthy, and living fully and the prevention of substance misuse and supporting mental health is a key.

★ Why Prevention and Mental Health Matters

- Boosts your energy and mood
- Supports heart and brain function
- Encourages positive daily routines

★ Simple Ways to encourage Wellness

- Build resiliency strategies: For Examples refusal skills of initial drug or alcohol first use.
- Build your positive supportive friend group
- Practice random acts of kindness
- Reach out for help
- Regular health checkups



★ Together, we can build healthier communities. ★

Learn more at

https://www.youtube.com/watch?v=3Aa4jVj6_vs
Resiliency and Prevention SAMHSA

For more information or educational opportunities
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