

BUFFALO STRONG DAY

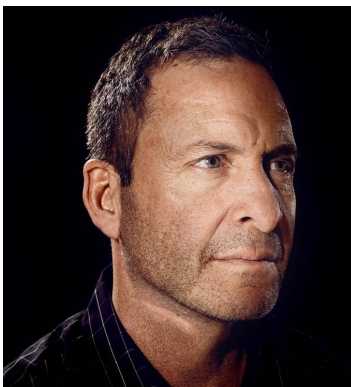
CONNECTING
THROUGH A
CARING COMMUNITY

FEBRUARY 9, 2022

FREE - 6:00 PM
BUFFALO HIGH SCHOOL
PERFORMING ARTS CENTER

Buffalo Strong Day is our opportunity to reclaim February 9th as one of resilience and community. Buffalo is not defined by the tragedy we shared, but by the way our community responded to it.

February 9th, 2022 join us as we recommit to be #BuffaloStrong. *Care for your community. Connect with resources. Continue to lift each other.* www.buffalostrong.care



AN EVENING OF WELLNESS GUEST SPEAKER: CLINT MALARCHUK

Clint is a former NHL goaltender turned mental health advocate and motivational speaker. He shares his extraordinary and heart-wrenching life story in his relentless effort to help end the stigma of mental illness and to help others who may suffer as well. Book signing & vendor fair following speaker.



Childcare Provided



Masks Encouraged



Live-stream available on Buffalo Strong's facebook event page.

6PM | VENDOR FAIR

Refreshments provided by local restaurants
Connect with local services that support wellness

7PM | GUEST SPEAKER

Introduction by Mayor Teri Lachermeier & Randy Haskins
Learn tools of mental health for yourself & others

8:30PM | BOOK SIGNING & ONGOING SUPPORT



Burgers for Buffalo
February 2nd, 2022

Make your way to Buffalo Culvers and 50% of sales will go to support Buffalo Strong Day & community wellness initiatives.



live true yoga

8:15 - Barre

12:00 - Strength 30

(763) 445-9271 buffalo.info@livetruyogastudio.com

Free Yoga all day!

February 9th, 2022

9:30am - Yoga Flow

5:30pm - Barre Express

FREE TO THE COMMUNITY
WITH SUPPORT FROM:

Randy
Haskins



Diversified Real Estate Services, Inc.