

FOR IMMEDIATE RELEASE

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RUHS Hosts ‘The Art of Wellness’ Fairs to Promote Mental Health Across Riverside County

RIVERSIDE, CA (April 28, 2025) – In recognition of Mental Health Month this May, Riverside University Health System (RUHS) is bringing “The Art of Wellness” fairs back to Riverside County.

The free, family-friendly events invite residents to explore practical tools for mental well-being, connect with fellow community members and learn about a range of local wellness services in a welcoming, stigma-free environment. All events are held from 11:30 a.m. to 4 p.m. at the following locations:

- **Palm Desert Civic Center Park**, 43900 San Pablo Ave., Palm Desert – Thursday, May 1
- **Valley-Wide Recreation & Park**, 901 W. Esplanade Ave., San Jacinto – Thursday, May 8
- **Fairmount Park**, 2601 Fairmount Blvd., Riverside – Thursday, May 15

“Riverside County is committed to ensuring that every resident has access to behavioral health support,” said Riverside County Board Chair and Fourth District Supervisor V. Manuel Perez. “Through events like ‘The Art of Wellness,’ we are creating spaces where individuals feel connected and empowered to prioritize their health.”

“The Art of Wellness” celebrates the connection between creativity and emotional well-being. Whether seeking resources for a loved one or exploring self-care, attendees will have the chance to engage, learn and take steps toward wellness.

Attendees will enjoy activities, live entertainment, free wellness resources and information from local nonprofit organizations and County agencies on behavioral and physical health, financial aid, housing assistance and more.

“Each of us plays a role in promoting emotional well-being,” said Dr. Matthew Chang, Director of Behavioral Health at RUHS. “‘The Art of Wellness’ is about breaking down

barriers, providing tangible tools for self-care and ensuring every resident knows they are not alone in their behavioral health journey.”

Recent data highlights the increasing need for behavioral health support and services. In 2024, an estimated 57.8 million [adults in the United States](#) experienced mental illness, yet only 43% received any form of behavioral health care. [Among youth](#), approximately 20% of all teens face depression before reaching adulthood, but less than one-third of them receive treatment.

To learn more about “The Art of Wellness” fairs, register for events, or find additional behavioral health resources, please visit www.ruhealth.org/events/art-wellness-mental-health-event.

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About Riverside University Health System

Riverside University Health System (RUHS) includes a 439-bed Medical Center in Moreno Valley, Calif., 14 Federally Qualified Community Health Centers, and the departments of Public and Behavioral Health. RUHS is Riverside County’s safety net provider, offering high-quality, patient-centered care. With more than 8,000 staff members and over 125 years of experience, RUHS continues its commitment to and legacy of delivering exceptional, compassionate care with a focus on public health, behavioral health, community wellness, and medical education. Visit www.ruhealth.org to learn more.