



**The Museum of Discovery and Science Invites the Community to  
Wellness & Prevention Check-In FREE Admission Day  
In Partnership with United Way of Broward County's Commission on Behavioral  
Health & Drug Prevention and Broward Behavioral Health Coalition**

*Save the Date! Join MODS Saturday, September 17, 2022, at the Museum for a day of mental health & wellness support and substance abuse prevention 10 a.m. - 5 p.m.*

**Fort Lauderdale, Fla. (September 7, 2022)** – Breathe in. Breathe out. Get ready to relax and recharge with a full day of wellbeing at MODS' **Wellness & Prevention Check-In FREE Admission Day** in partnership with United Way of Broward County's Commission on Behavioral Health & Drug Prevention and Broward Behavioral Health Coalition.

“Health and wellness is a core education pillar at the Museum. Alongside our partners, we are inviting the community for a day designed to support family health and wellbeing,” said **Joseph P. Cox, president and CEO at MODS**. “Everyone is encouraged to enjoy this free admission day.”

Guests will discover wellness through mindful activities, exhibits, shows and demonstrations including:

### **INTERACTIVE HEALTH & WELLNESS PROGRAMMING**

- **Brain Agility Challenges:** Everyone can learn tips on how to boost mental agility by participating in these challenges.

- **Movement & Music:** Young learners will delight in wiggle time, dance breaks and bubbles.
- **Watch an IMAX on the Giant Screen:** Viewers will join Morgan Freeman in learning about the bond between humans and animals in, *Born to Be Wild* (FREE).
- **Mental Health Storytime:** Bookworms will engage with beloved children's books by Eric Carle that contain beautiful and accessible mental health themes.
- **Puppet Show & Art:** Guests will experience the Jim Hammond Puppet Show followed by a make-and-take puppet project.
- **Sensory-Friendly Activities:** Enter into a quiet room where guests are able to unwind without interruption and stimulation.
- **Broward Health Exhibit:** Future doctors and nurses will be inspired by this powerful, hands-on exhibit that highlights the human body and the tools used by health professionals to keep the community healthy.
- **Community Partners:** MODS' partners will be providing resources and programming on an array of topics regarding mental health and substance abuse prevention.
- **Sociodrama with Dr. Grace Telesco:** Guests can experience this interactive family-appropriate sociodrama that raises awareness on suicide prevention.

“United Way of Broward County is proud to partner with MODS on this important initiative to support essential health and wellbeing for members of our community,” said **Kathleen Cannon, president/CEO United Way of Broward County**. “We encourage everyone to join us as we fight for the health of EVERY person in Broward County.”

The FREE admission day celebrates Smithsonian magazine Museum Day. Visit [mods.org/healthandwellness](https://www.mods.org/healthandwellness) to secure FREE tickets.

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#### **ABOUT UNITED WAY OF BROWARD COUNTY:**

United Way of Broward County is a volunteer driven, community-based, non-profit organization servicing Broward County for more than 80 years. United Way of Broward County fights for the Health, Education and Financial Prosperity of EVERY person in

our community. United Way of Broward County is the catalyst for change and convener of partnerships that unite the hearts, minds, and resources within the Broward community. For more information, visit [UnitedWayBroward.org](http://UnitedWayBroward.org).

**ABOUT THE MUSEUM OF DISCOVERY AND SCIENCE (MODS):**

Founded in 1976 as the Discovery Center, today the Museum of Discovery and Science (MODS) is at the forefront of science education, innovation and exploration. MODS connects people to inspiring science, providing STEM education and cultural experiences for 450,000+ visitors annually in the 150,000 sq. ft. facility. MODS is a 501 (c)(3) nonprofit organization that has been accredited by the American Alliance of Museums (AAM) for three decades (only 3% of science museums are accredited for excellence and leadership in the field). In the past year, MODS has added to that distinction by being named *Broward's Hub for Resilience Education* by the Board of the Community Foundation of Broward, selected by the LEGO Foundation as one of only 12 museums nationwide to join the *Playful Learning Museum Network* and was selected as one of 15 finalists for the prestigious 2022 *IMLS National Medal for Museum Service*.

The Museum celebrates diversity and welcomes visitors from all walks of life. The Museum hours are Monday through Saturday 10 a.m. to 5 p.m. and Sunday 12 p.m. to 5 p.m. MODS is located downtown at 401 SW Second Street, Fort Lauderdale, Florida 33312. For more information about the Museum, please visit [mods.org](http://mods.org) or call 954.467.MODS (6637).

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