

# "Live Your Life" lunch time zoom series....

Have you found yourself enduring more stress over the last months? Are you concerned about your mental health, your families mental health, co-workers or employees' mental health?

**You aren't alone.**

## *Mental Health Matters*

Join Dr. Ashley Kjos - CEO of Woodland Centers for "Mental Health Matters" the first of three "Live Your Life" lunch time sessions.



**When: Thursday, May 20th from 12:00pm-12:45pm via zoom**

(link to be sent to you, once you register)

Dr. Kjos' presentation is followed by a question and answer session.

Who should attend: Anyone from Meeker County and the surrounding area is invited to attend including mental health advocates, employers, community leaders, school staff, caregivers, policy makers, those with mental illnesses, and their families.

## *3 easy options to register*

- Click this link: <https://forms.gle/XS25fzAcdVw882du6>
- Email: Register for Live Your Life May session to [marla@litch.com](mailto:marla@litch.com)
- Call: Meeker Chamber Office @320-693-8184

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