

Join us for a discussion about **Mental Health**

You may not be able to control your thoughts, but you can learn to not let them control you. Let's talk about it.

**Wednesday, May 6th AND 20th
12:30-1:30 PM
MHC 2nd Floor Conference Room**





SNACKS & REFRESHMENTS PROVIDED


No sign-up required- Just show up!



**Contact Us
for more information**

 @MiccosukeeHealthCenter

 MiccosukeeHealth.com

 305-894-2387