



# FREE MENTAL WELLNESS WORKSHOP

**Join our Human Services team** for a class where you will learn ways to navigate life when you're carrying too much.

**SEPTEMBER 16 | 12:30PM**

**MICCOSUKEE HEALTH CENTER  
2<sup>ND</sup> FLOOR CONFERENCE ROOM**

**\*OR JOIN VIA ZOOM- NO CAMERA OR  
PERSONAL INFO NECESSARY\***

**@MICCOSUKEEHEALTHCENTER**