



4MIND4BODY WORKSHOP ON MENTAL WELLNESS TIPS

Wednesday, May 15, 2019

11:30 a.m. - 12:30 p.m.

Kansas City Public Library:

Central Library

14 W. 10th Street

Kansas City, MO 64105

Fee: FREE



OVERVIEW

When we talk about health, we can't just focus on heart health, or liver health, or brain health and not full health. You have to see the whole person and make use of the tools and resources that benefit minds and bodies together. Celebrate May as Mental Health Month and

Questions?

Contact: Stacy Davis
Mental Health America of
the Heartland
739 Minnesota Avenue
Kansas City, KS 66101

attend this workshop where we focus on common tools and strategies that can lead to improvements in both physical and mental health.

913-281-2221, ext. 112
sdavis@mhah.org
www.mhah.org

The workshop is free and open to the public. No pre-registration required. Just come and enjoy the presentation!

Mental Health America of the Heartland

739 Minnesota Avenue | Kansas City, Kansas 66101
(913) 281-2221 | info@mhah.org

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