

MAY IS MENTAL HEALTH MONTH

BE KIND TO YOUR MIND

Free ZOOM Virtual Presentations

MAY 26 3:00-4:30P.M.
Mental Health & Video Gaming

MAY 27 4:00- 5:00 P.M.
Facing our Fears with Compassion and Courage:
Managing Anxiety amidst Uncertainty

MAY 28 2:00-3:00 P.M.
Meditation & Self Care

MAY 29 12:30 -1:30P.M.
Creating Depression through the Use
of Behavioral Activation



REGISTER BY CALLING KENOSHA COUNTY AGING & DISABILITY SERVICES 262-605-6646