



Mental Wellness Awareness Day

Saturday October 8th - 10:00 A.M.

Mental Wellness threatens so many of our veterans and disrupts both their lives, and those of the people who care about them. **In an effort to recognize the warning signs of emotional distress, we are presenting a program of Mental Wellness Awareness** with representatives from various organizations.



Information, guidance and support from:

- VFW Service Officers
- Medicare & Supplemental Insurance educators from Humana
- Learn how to recognize the 5 signs of emotional stress



know the five signs

