

NANUET FAMILY UNIVERSITY PRESENTS:

MENTAL HEALTH & WELLNESS 101

FEATURING

**Sue Wollner • Educational Consultant
for the Mental Health Association in
New York State**

WHERE

Nanuet High School Media Center

WHEN

**December 11, 2019
7:00 pm**

OUR DISCUSSION WILL INCLUDE:

- UNDERSTANDING
MENTAL HEALTH
NEEDS FOR ALL AGES**
- WHAT TO LOOK FOR
& HOW TO HELP**
- PROMOTION OF
COPING STRATEGIES
& RECOVERY**



**FREE R & R PROVIDED
REFRESHMENTS &
RAFFLE PRIZES**

NANUET FAMILY UNIVERSITY PRESENTA:

SALUDO MENTAL Y BIENESTAR 101

PRESENTANDO

**Sue Wollner • Educational Consultant
for the Mental Health Association in
New York State**

DONDE

Nanuet High School Media Center

CUANDO

**11 de diciembre, 2019
7:00 pm**

NUESTRA DISCUSSION INCLUIRA:

**- ENTENDIENDO LAS
NECESIDADES DE
SALUD MENTAL PARA
TODAS EDADES**

**- QUE BUSCAR Y COMO
AYUDAR**

**- PROMOCION DE
ESTRATEGIAS DE
SOBRELLEVAR Y RE-
CUPERACION**



**REFRESCOS Y PREMIOS
DE RIFA OFRECIDOS**

****LA PRESENTACION SERA
EN INGLES****