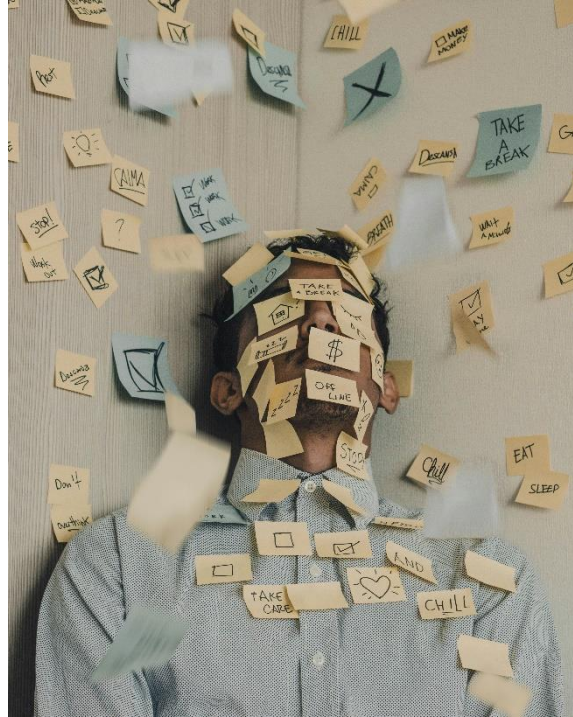


Feeling **OVERWHELMED?**



Anxiety is the leading mental health disorder worldwide, according to the World Health Organization. Adults face many stressors in their day-to-day routines that can leave them feeling incredibly overwhelmed. If you're feeling stressed, anxious, or overwhelmed, you are not alone!

You're invited to attend a FREE interactive workshop, "Healthy Mind – Healthy You," provided by Chesterfield County Mental Health Prevention Specialists Sierra Garland, M.Ed., and Rebecca Lint, MSW, who will guide a discussion about stress and anxiety and share tips and resources to help you manage those stressors in your life.

When: Tuesday, October 8, 2024, 7:00 p.m. to 8:30 p.m.

Where: Midlothian Y Community Room, 737 Coalfield Road, Midlothian

This interactive workshop is offered in partnership with Mt. Pisgah United Methodist Church and the Midlothian YMCA. This program will be the first in a three-part mental health series.

Questions: (804) 852-3557 or mary.ellin@gmail.com

Photo by Luis Villasmil on Unsplash