

Exploring the Relationship Between *Physical & Mental Health*

Join Us...

Thursday, May 16, 2019

7 pm - 8 pm Q&A to follow



This presentation will look at the links between mind and body. Practical tips and community resources for promoting both physical and mental health will be presented. Community resources for prevention and management of diabetes and heart disease will also be discussed.

PRESENTER: Carol Waggoner BSN, RN is a public health nurse with the McHenry County Department of Health. She is a facilitator for the Stanford Diabetes Self-Management Program and a lifestyle coach for the CDC Diabetes Prevention Program.

Mental and physical health is fundamentally linked.
Come learn more!



If you know of someone who would benefit from this presentation, feel free to invite them to join you. These presentations are open and free to the community. **Registration is not required.**

If you have an urgent need to meet with someone for support instead of attending the presentation, please let someone at the sign-in desk know and one of our support facilitators will be happy to meet with you immediately.

FOR MORE INFORMATION CONTACT: NAMI McHenry County at 815-308-0851

LOCATION: Community Resource Center, 620 Dakota Street, Crystal Lake, IL 60012