

July is National Minority
Mental Health
Awareness Month

Save The Date!



Come and join the MMOMHMB!

Minding My Own Mental Health Business Because / Matter!

Join us as we discuss the following:

- What is Mental Health?
- Mental Health in our culture, removing the stigma.
- Mental Health and diet.
- Mental Health tools will be provided.

Saturday

7.26.25

10:00 am -2:00 pm
222 N. County St.
Waukegan, IL 60085

Registration is
required.

For information call:
224-304-4060



ALL THINGS PURPOSED

DEfIne your life. Discover. Embrace and Fulfill your Purpose

