



KNOW WHEN TO SEEK HELP FOR YOUR MENTAL HEALTH

BALANCED HEALTH SERIES
Information for your overall wellness.
FREE! Open to Y members & the community.

MAY 25, 2022

6:00 pm-7:00 pm
FOND DU LAC FAMILY YMCA
BOARD ROOM
90 W 2nd Street

**REGISTER BY
CALLING 920.921.3330**



PRESENTER: Michelle Neyer, APNP
Advanced Practice Psychiatry Nurse
SSM Health Behavioral Health

What's normal,
what's not?
Know when to
seek help with
your mental health.

Join this FREE
community
presentation to
answer this
question &
learn more.

