

Norwescap Health Connections presents:

# Mental Health Awareness

## Virtual Event

**May 12th**

**TIME: 5:00 pm - 6:00 pm**

**LOCATION: Zoom**

**COST: FREE**

## Join us!

Join Dr. Colassaco from Star Community Health for an informative session on how to improve your mental health!

### **This session is for you if you're looking to:**

- Develop better coping skills
- Improve your relationships
- Stay positive in challenging times

During this empowering session you will discover tools to help you manage stress, boost your mood, and enhance your overall well-being.



Dr. Abigail  
Colassaco

# May 12th

**5 pm - 6 pm on Zoom**

To register email  
[ceed@norwescap.org](mailto:ceed@norwescap.org)

Don't miss this important conversation!



**NORWESCAP**