

CONNECTING THE PIECES OF MENTAL WELLNESS

**FREE EVENT
FOR ADULTS
& YOUTH 10
YRS & UP!**



5:15–8:30 p.m., Thursday, April 13
College of Central Florida
Klein Conference Center
3001 SW College Rd
Ocala, FL 34474

Mental wellness has many parts. Youth and adults can learn to put them together through our discussion of the following topics:

- What You Don't Know Can Hurt You
- Digital Dangers
- Hidden in Plain Sight
- Love Shouldn't Hurt

Event is **free** and includes dinner & separate workshops for parents and youth. Preregistration recommended but not required. To learn more, call Valerie at **352-438-5990**



FEATURED SPEAKER
Kevin Hines

In 2000, Kevin jumped off the Golden Gate Bridge in an attempt to take his own life. He survived. Since then, he's used that experience to teach people the art of mental wellness and how to overcome adversity.

