



Stress & Mental Health: The Good, the Bad and the Healthy!

Join us as we learn about our emotional, psychological and social well-being and how it affects the way we think, feel and act, with Doris McDonald, MA, LCADC, LCPC, Director of Behavioral Health at the Calvert County Health Department. This workshop is free.

Thursday, August 17 | 6:00-7:00 pm

Refreshments will be provided

*Please call 410-535-9850 or
email wellnessclub@kconwaypt.com
to reserve your seat*



KConway
Health & Wellness
Club

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