



Mental Well-Being Expo

Saturday, May 21, 2016
9:00 AM – 12:00 PM
HACC-Lancaster Campus
1641 Old Philadelphia Pike, Lancaster PA

We all face challenges at times. Did you know that there are many services right here in Lancaster County to help with these challenges? The Let's Talk Lancaster Expo is an event for community members to showcase the services, providers, and resources that are available in our community to promote mental well-being. This event is free and open to all, particularly those who are seeking services for themselves, friends, or family members. The event will include over 20 exhibitor booths and breakout sessions on a variety of topics, including:

- Community members' experiences in recovery
- The Compeer friendship program
- Mental Health America's Wellness Academy
- Assistance available in your workplace for work stress, financial difficulties, relationships, etc.
- Transforming difficult conversations with family and friends who live with mental illness
- Financial assistance programs
- Navigating the health care system

Light refreshments will be available.

Registration now open!

Register to attend the event here: <http://lets-talk-lancaster.eventbrite.com>
You are also welcome to register on the day of the event.

Questions? Call 717-544-3811.

Thank you to our sponsors!

