Albert Lea American Legion Post 56

To Host Major Community Event

"Living With PTSD and Preventing Suicide"

Free to the General Public, All Veterans, First Responders, and Families

Thursday, January 22, 2026

***10a.m-11:30 am**

***2p.m.-3:30p.m**

***6p.m.-7:30p.m.**

American Legion Post 56 142 N. Broadway, Albert Lea, MN 56007

A light lunch will be provided/served by Post 56 Auxiliary members from 11:45 a.m. - 12:45 p.m.

(A Free Will Donation will be accepted for lunch)

Col. Wayne Quist and Dr. Steve Lansing, a licensed mental health professional with 50 years of experience, will share what living with PTSD is like. They are authors, speakers and counselors. Their non-profit provides services for PTSD sufferers and their families in the Rochester area.

This community event will be especially helpful for those who have served and for those most affected by the impact of trauma in loved ones, whether from military combat, law enforcement, firefighting, and anyone suffering from personal experiences who may bring home the effects of the trauma.

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