



*As part of our Holistic Health Series:*

Join us for an evening with ...

## **Peg Sallade,**

*Substance Use Prevention Coordinator  
A Healthy Lynnfield*

**September 7<sup>th</sup>: 5:15pm – 6:15pm**

@ Our Lady of the Assumption Church Hall  
758 Salem Street, Lynnfield, MA 01940

*For a Presentation on:*

## *Ministry & Mental Health: What Feeds Your Spirit?*



This workshop will explore how spirituality, prayer, and ministry are connected to health. We will discuss and explore how to recognize and help others impacted by poor mental health and addictions. And participants will connect ways to feel good by doing good – and help others to do the same, through the lens of being called to serve others.

**RSVP by September 4<sup>th</sup> to:**

Kate at [kmcgrath@ola-smg.org](mailto:kmcgrath@ola-smg.org) or 781-598-4313, ext. 224