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Resources for more

information:

nimh.nih.gov

nami.org

caregiving.org

Project Healthy Living is a

group dedicated to the betterment of Lake area communities.

Our membership is made up of community members, individuals from businesses and

organizations in Camden and

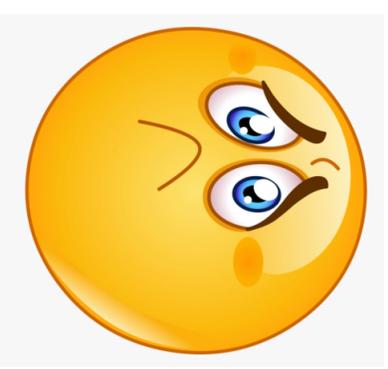
Miller counties

Project Healthy Living

always welcomes new members interested in improving the health of the community.

Feeling a little GLUM or

Anxious?



These feelings can affect our emotions and well being.

There is HOPE!

Low cost Transportation

to appointments

OATS

Tri County Transit-

573-346-9986

needs 3 day advance

notice

Please call the

Camden County Health

Department-

(573)346-5479

or

Miller County Health

Department-

(573)369-2359

for the meeting location

Project Healthy Living, a lake area non-profit, has reached out to local and internet based agencies to compile a list of licensed professional counselors that may be helpful.