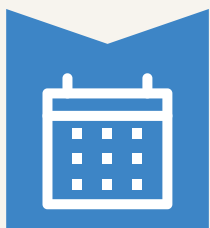
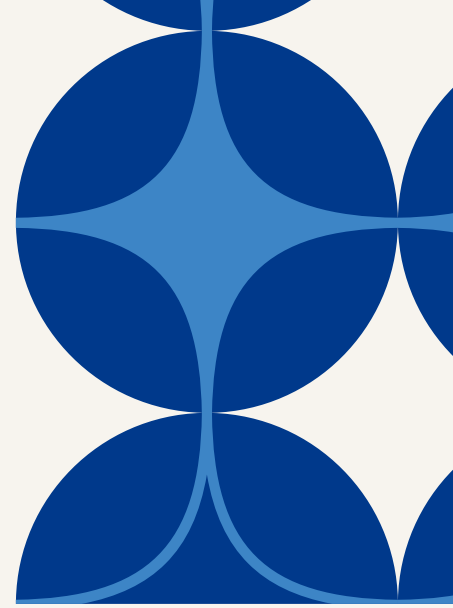


FREE EVENT

WHOLE-LISTIC WELLNESS FOR CAREGIVERS



SEPT 21, 2023 | 8:15AM-4PM

Montgomery County Health Department
3060 Mobile Highway, Montgomery, AL 36108

Join The Wellness Coalition and Mental Health America in Montgomery for a one-day conference to discuss ways to improve client care **without sacrificing self-care.**

Attendance is free. Registration required. \$15 for lunch (optional). Continuing Education Credits are \$10. (Social workers = 5.75 CECs. Counselors = 4.5 CECs.)

[BIT.LY/REGISTERWWC](https://bit.ly/registerwwc)

Topics Include:

The Burden of Chronic Illness on the Caregiver and the Healthcare Provider

There's No Health Without Mental Health

Health Literacy for Health Care Providers

Caring for Self Like You Care for Others

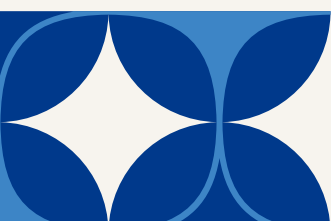
Setting Boundaries in a Digital Age

Racial and Ethnic Approaches to Community Health

Self-Care: Learning to Let Go and Relax

Exhibitor cost is \$30 for a table, 2 chairs, and 1 lunch.

Register at: bit.ly/WWCEXHIBITOR.



The Wellness Coalition

