

**FREE**  
**ONLINE**  
**COUNSELING**

Feeling stressed-out, anxious, or completely overwhelmed?  
**You are not alone.**

**APLA Health** is offering **free**  
**one-on-one online counseling sessions** for  
**Black** residents of **Long Beach** who are currently **uninsured**.

That means **no cost, no travel, & no worries!**

We have a **limited** number of spots available, so **don't wait!**  
If you meet these requirements listed above, call us today to learn more and enroll!

Please contact

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**APLA**Health