



Lake County  
Illinois

## NAMI Lake County IL

Join our General Education Meeting  
via ZOOM  
"A Day Away From Stress"

**Save the Date**

**April 7th, 2021**

### PRESENTER: MARSHALL JOWERS

- NAMI LAKE COUNTY BOARD MEMBER
- CERTIFIED FAMILY-TO-FAMILY TEACHER
- NAMI FAMILY SUPPORT GROUP HALL OF FAME (2019)

*Key highlights for our upcoming program include:*

- An opportunity to consider recent or current stress feelings
- Viewing a relaxation video "A Day Away From Stress"
- Special guest contributors -will make suggestions or comments
- Useful "Take-away" ideas for approaching stress in our lives

Special Guest Contributors for our program include:

- Owen Frank, NAMI Lake County IL Volunteer
- Fritz Gelin, Recovery Program Coordinator, The Independence Center
- Dulce Ortiz, Executive Director, Mano A Mano Family Resource Center"



**APRIL 7TH • 7:00 PM TO 8:30 PM**

JOIN US ON ZOOM, HERE IS THE MEETING LINK  
MEETINGHTTPS://US02WEB.ZOOM.US/J/89484103781?  
PWD=AURHNWFTZTFHY1OVU1FOUTJSOUFPDZ09

Meeting ID: 894 8410 3781

Passcode: 522296