



COMMUNITY SPEAKER SERIES

WELLNESS FOR EVERYDAY LIVING



A thoughtful conversation on caring for the mind, body, and spirit through life's challenges. Whether you're seeking support for yourself or someone you love, this conversation offers practical insights and hope for all.

WITH DR. DAVID MACH
RETIRED CLINICAL PSYCHIATRIST



 **Wednesday, September 9th**

 **6:30 PM**

 **St. Henry's Catholic Church
Basement**
234 2nd Ave SW, Perham, MN

WHAT WE'LL DISCUSS

- ✓ What it means to maintain good mental wellness
- ✓ Finding hope and resilience through life's challenges
- ✓ The relationship between faith, purpose, and mental health
- ✓ Practical ways to care for your mind, body, and spirit

About Dr. David Mach

Dr. David Mach is a retired psychiatrist with more than 20 years of experience caring for individuals in hospitals, clinics, and correctional settings across Minnesota. Today, he enjoys helping others better understand the relationship between mental wellness and spirituality, sharing practical insights that encourage hope, resilience, and whole-person well-being.

FREE COMMUNITY EVENT • ALL ARE WELCOME

HOSTED BY:



**PATHWAYS
TO WELLNESS
GROUP**

