

Bay County Division on Aging ~ presents

In service Opportunity for Volunteers, Caregivers and Seniors

Mental Health Awareness

Presented by Bay Arenac Behavioral Mental Health Geriatric Staff

May is Mental Health Month and is observed nationally offering topics that help address awareness of the signs and symptoms along with ways to combat and or manage the illness. How do we know if feelings of sadness are normal or clinical? What causes Clinical Depression?

These are some of the questions that will be addressed in this program. Depression is **not** something to be ashamed of, nor is it something that you can just "snap out of."

There will be a Q & A (question & answer) period after the presentation.

Thursday, May 24, 2012

Location: Riverside Center

Time: 12:00 noon lunch

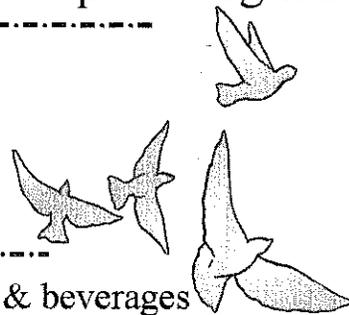
800 J. F. Kennedy Drive, Bay City, 48706

1:00 - 2:00 p.m. Program

Space is limited so get your registration in early.

\$2.50 suggested donation (60 yrs & better) for lunch

fee of \$4.75 (59 yrs & under)



Menu - entree: Sliced Turkey/mashed potatoes, gravy, green beans, cookie & beverages

Salad: Chicken Salad or Sandwich: Meatloaf on Rye

To make reservations and/or transportation requests call Sandy at (989) 893-7070.

A reservation must be made to attend by calling or filling out the detached section of this form, no later than May 22 or until full.



Name: _____ Phone #: _____

Address: _____ Amt. Paid: _____

Indicated menu request: entree _____ salad _____ sandwich _____

Senior: _____ Caregiver Participant: _____ Division on Aging Volunteer: _____

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to sign _____

(Only need one release on file for the year.)

Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event.

Request should be directed to Michael Gray, (989) 895-4130 or 895-4049. In Service Mental Health Awareness