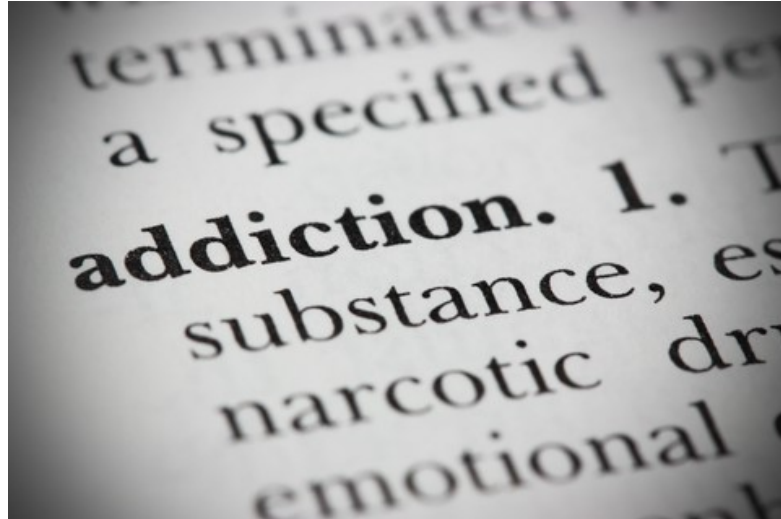


December Health and Wellness Meeting



Mental Health and Addiction Resources

Whether you or someone you know is struggling with a mental illness like depression or anxiety or an addiction to drugs, alcohol, gambling, smoking, eating or shopping we have the resources to help you.

We're here to help you find the resources you need to get the help [you want](#).

- + Quitting Aids, Tips and Tricks
- + Get a Bauer Buck Just for Showing Up

***Disclaimer:** This is not a class on what you should or shouldn't be doing. We are not here to tell you how you should live your life. We are simply providing you with the information should you decide you or someone you know needs additional help.*



Thursday, December 8, 2016
12:00 - 12:30
Lunchroom

