

Alamance ElderCare invites you to join us for a  
**VIRTUAL** educational event

# Your Mental Health Matters

Do you prioritize your mental health? How do you know when your mental health is suffering? We spend a lot of energy and investment in our physical health – *what would it look like if we dedicated the same energy towards our mental health?* There are so many reasons why we might not take care of our mental health: stigma, shame, fear of being viewed as “less than,” fear of judgment, actual judgment or criticism, lack of access to services, financial circumstances, and more. Join us as we work together to navigate some of these roadblocks and take action to address our mental health.



**Presented by Charlotte Bryant-Pardini,  
Founder and Therapist, Forge Counseling**

**Thurs., August 26, 2021 | 7 pm**

You will join us online using your computer, tablet or smart phone. Advance registration is required! To register, contact Tammy McKee:

**Tammy.McKee@ConeHealth.com**  
**(336) 538-8080**



listening | helping | caring | one senior at a time

Proud to be a part of  CONE HEALTH.

**AlamanceElderCare.com**