

“The Glimpse: A Look Inside Mental Health”

February’s Speaker Series presented by



and



Elise Banks, M.S., LPC, a licensed counselor and winner of Miss International 2015, advocates internationally, for mental health. Ms. Banks serves as a National Ambassador for the National Alliance for Mental Illness (NAMI). She is an Executive Board member for NAMI Texas and for Menninger Clinic, a leading psychiatric hospital in, Houston, Texas.

Join us for Elise’s presentation: **Healthy Mind—Successful Life!**

- Pre-empting Crises through Self-care
- Mental Health and the African American Community
- Combating Mental Health Stigma

Where: Arundel Lodge, 2600 Solomons Island Rd, Edgewater

When: Thursday, February 15th, 6:30—8:30 pm

\$10 donation includes a T-shirt and light refreshments

Register at www.Eventbrite.com

Search: The Glimpse: A Look Inside Mental Health