



FREE PUBLIC DEMOS

Spend an hour exploring a new health and wellness technology:



Bring your smart phone or tablet, or try one of our iPads, or just come and observe.

We'll see some activities, videos and trackers. We'll tour some special areas where you can get inspired, find calm, be positive, connect with others, be mindful, and laugh.

4 dates & locations*

- March 5 Cadillac
- March 8 Traverse City
- March 16 Houghton Lake
- March 23 Grayling

morning or afternoon

- 10-11:00 AM or
- 1-2:00 PM

* Northern Lakes Offices
CADILLAC: 527 Cobb St
TRAVERSE CITY: 105 Hall St
HOUGHTON LAKE: 2715 S Townline Rd
GRAYLING: 204 Meadows Dr

Pre-registration is appreciated but not necessary.

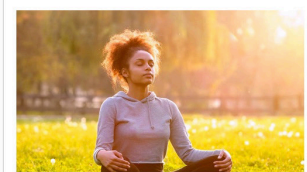
Contact Beth Burke at (231) 876-3249 or beth.burke@nlcmh.org to ask questions or pre-register.



Managing Depression



Controlling Anxiety



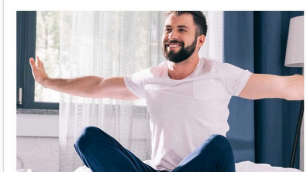
Reducing Stress



Drug or Alcohol Recovery



Managing Chronic Pain



Improving Sleep

THANKS TO A SPECIAL GRANT FROM THE STATE OF MICHIGAN, WE CAN OFFER MYSTRENGTH FREE TO THE COMMUNITY.

