

## 2024 Mental Health Wellness Group Sign Up

Midstate Independent Living Consultants

3262 Church Street

Stevens Point, WI 54481

*The Mental Health Wellness Group provides a diverse range of knowledge for those who seek encouragement, hope, and support. Mental Health Wellness is an individual's ability to enjoy life and create a balance between life activities and efforts to adapt to life changes.*

DATE	NAME	TOPIC
January 15	<i>Sarah Agena</i>	<i>Eating Well for Mental Health</i>
February 19	<i>Kaitlyn Nichols</i>	<i>Laughter Yoga</i>
March 18	<i>Stephanie Werch</i>	<i>“Make it Okay Presentation”</i>
April 15	<i>Chris Nemitz, MS (ODC)</i>	<i>My 4 Pillars Of Mental Health</i>
May 20	<i>Wendy Seegers</i>	<i>Using Mindfulness to Manage Anxiety</i>
June 17	<i>Margaret Sampey, BS and Ashley Radmer, BS (ODC)</i>	<i>The Art of Mental Health</i>
July 15	<i>Teri and Kurt Ellefson</i>	<i>Got Your Back App</i>
August 19	<i>Angela Voss</i>	<i>Promoting Positive Mental Health &amp; Resiliency in Youth</i>
September 16	<i>Tonya Callahan, MS, CRC, LPC and Katie Haupt, LCSW, MSW (ODC)</i>	<i>Mental Health 101</i>
October 21	<i>Lakyn Lloyd, LPC-IT, MA (ODC)</i>	<i>ADHD Awareness and Coping Strategies</i>
November 18	<i>Michele Losey, MAC cand Chris Hanten MSW, LCSW (ODC)</i>	<i>Social Connections for Mental Wellness</i>