Join us for

The Silent Epidemic

A Real Story of Victory Over Severe Depression

Bring a friend and be inspired and challenged by their story!

Tuesday, August 13th at 7:00 p.m.
Clay Center Family Life Center
5th & Clark

AND

Monday, November 18th at 6:30 p.m.
Belleville Blair Theater
1310 19th St.

Presented by: Coach Mark Potter and his wife, Nanette

Coach Potter and his wife provide a real, relevant, and raw story of his personal experience with severe depression. Mark discovered a person can have victory over mental illness and he shares his experiences to help others. Nanette will share her perspective and give the caregiver practical suggestions to assist in the situation.

Mark shares his story of overcoming obstacles and even suicidal thoughts. He shares practical ideas to help everyone train their brain and be able to practice mental health and wellness strategies.

The Silent Epidemic is sponsored by a Culture of Health Grant and K-State Research & Extension: River Valley District.

For More Information Contact:
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