

News Release for Immediate Release or Next Issue

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River Valley Extension District

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The Silent Epidemic

Hear about the greatest accomplishment – a real story of victory over severe depression by former head basketball coach Mark Potter. Depression hit him at the height of his basketball career. Depression affects people from all walks of life, no matter what their background. It affects one in ten people of all ages and is treatable.

Mark Potter, a teacher, husband and father, will encourage others suffering from depression to seek assistance and provide practical ideas for wellness. Nanette, Mark's spouse, will share her role as a caregiver and what a person can do to help someone you love. Mark and Nanette together bring the battle of severe depression full circle. Their presentation will encourage, motivate and bring new attitudes to get you thinking. Mark's words of encouragement will stick with you.

Mark and Nanette Potter will share their experience on two different dates in the area: Tuesday, August 13th at 7:00 p.m. in the Family Life Center (5th & Clark) in Clay Center. If you are unable to attend then, come Monday, November 18th at 6:30 p.m. to the Blair Theater (1310 19th Street) in Belleville. Caregivers are encouraged to bring family members and friends dealing with depression.

Childcare is provided at this free program sponsored by a Culture of Health Grant and K-State Research & Extension: River Valley District. For more information, contact District Agent, Deanna Turner, River Valley District, Clay Center Office 785-632-5335 or District Agent Sonia Cooper, Washington Office 785-325-2121.

Take the first step and come to The Silent Epidemic!

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