

News Release for Immediate Use or Next Issue
Sonia Cooper, Extension Agent: Nutrition, Food Safety and Health
River Valley Extension District
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Save the Dates: The Silent Epidemic

Listen to the greatest victory! Overcoming severe depression, Mark Potter is a former head basketball coach, and he is also a teacher, husband, and father. You will have the opportunity to watch Mark share his moving, personal testimony that will stick with you forever. He will tell you about his season with depression, during the height of his basketball coaching career. Mark will also motivate, engage, and inspire you while providing practical ideas for wellness.

Nanette, Mark's spouse, will also be joining him and she will share about her role as a caregiver and what you can do to help someone you love who may have similar struggles. The two of them together bring the battle of severe depression full circle. Their presentation will encourage and help provide new positive outlooks on circumstances you or your loved ones may be facing. Caregivers are encouraged to bring their family members and friends who may be dealing with depression.

Mark Potter will be joining us in the River Valley District on two different dates – you don't want to miss hearing his story! Save the dates and be our guest at either event on:

- Tuesday, August 13th at 7:00 p.m. in the Family Life Center, 5th & Clark (Clay Center)
- Monday, November 18th at 6:30 p.m. in the Blair Theater, 1310 19th St. (Belleville)

The Silent Epidemic is sponsored by a Culture of Health Grant and K-State Research & Extension: River Valley District. For more information contact District Agent, Deanna Turner, in the Clay Center Extension Office at (785) 632-5335 or District Agent Sonia Cooper, in the Washington Extension Office at (785) 325-2121.

Take the first step, come to The Silent Epidemic, and listen to Mark's encouraging words!

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