

News Release for Immediate Use or Next Issue
Sonia Cooper, Extension Agent: Nutrition, Food Safety and Health
River Valley Extension District
11/6/19

The Silent Epidemic Program

Listen to the greatest victory! Mark Potter, former head basketball coach, teacher, husband and father will share his story on overcoming severe depression during the height of his basketball coaching career. Mark will motivate and inspire his audience while providing strategies for health and wellness.

Nanette, Mark's spouse, will join him the evening of his presentation and share her role as a caregiver and what you can do to help someone you love. The two of them together bring the battle of severe depression full circle. Their presentation will encourage you and will bring new, positive outlooks to get you thinking. Caregivers are encouraged to bring family members and friends dealing with depression.

Save the Date: Monday, November 18th at 6:30 p.m. in the Blair Theater (1310 19th Street, Belleville). This event is free, and all ages are welcome.

The real story of victory over severe depression presented by Mark Potter is sponsored by a Culture of Health Grant and K-State Research & Extension: River Valley District. For more information, contact District Agents, Sonia Cooper and Deanna Turner, River Valley District, Clay Center Office at 785-632-5335.

Take the first step and come to *The Silent Epidemic!*

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