

# 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!**

**Monday, November 18<sup>th</sup> at 6:30 p.m.**

**Belleville Blair Theater**

**1310 19<sup>th</sup> 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:**

**Sonia Cooper at 785-325-2121 or**

**Deanna Turner at 785-632-5335**



**Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.**

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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