

April 24th | 12:00-1:00 P.M.

SMHWC Conference Room

Diabetes Luncheon:

Guest Speaker: Jeff Langlois, MS, PCTL

Mental Health Therapist at the
Stockbridge-Munsee Health and
Wellness Center

Jeff will be sharing his knowledge with us regarding managing stress as well as finding and maintaining motivation to live a healthy lifestyle. Please come and enjoy a delicious lunch and informative talk.

RSVP to Warren at (715) 793-5064

Sponsored by SMHWC Community Health