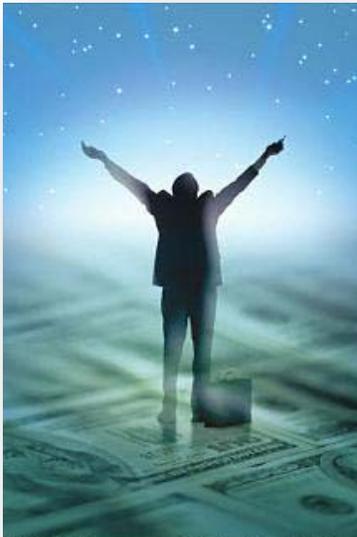




VETERANS HEALTH ALLIANCE OF LONG ISLAND
MENTAL HEALTH ASSOCIATION OF NASSAU COUNTY

JOIN US FOR AN AFTERNOON OF EMOTIONAL AND FINANCIAL WELLNESS



There is a strong relationship between financial stability and overall wellness

Representatives from USAA will be on hand to discuss financial well being and the tips to get and stay ahead

You'll also learn the skills required to assist yourself and other military personnel in times of emotional distress

A review of various stressors, including financial stress, will be provided and tips to maintain emotional stability will be reviewed

A FREE brunch will be served

This event is open to OIF/OEF/OND veterans and their family members only

Where: Suffolk County Community College: Brentwood Campus
Sally Ann Slacke Center Room 121
1001 Crooked Hill Road, Brentwood NY 11717

When: Sunday, October 28th 2012

Time: 11:00am – 3:00pm

Directions:

From the west, take the Long Island Expressway to Exit 52, Commack Road. Cross over Commack Road, stay to right to Crooked Hill Road. Right on Crooked Hill Road to the campus entrance on the Left. Take the Loop Road to the left to the Sally Ann Slacke Center. Take a right after the center to parking field 2.

From the east, take the Long Island Expressway to Exit 53. Follow signs to Wicks Road. Go south ½ mile on Wicks Road to campus entrance on right hand side. Take the Loop Road to the right to parking field 2.

For more information or to register please contact: Lauren Hagemann

(516) 489-2322 ext. 1260 or Email Lhagemann@mhanc.org