

## Wednesday, October 21, 2020 5:30pm to 6:30pm

# Via 🔽 zoom

Meeting Link: https://bit.ly/36zWs1p Meeting ID: 825 7482 4738 Passcode: 321531

Don't let your health take a back seat after COVID. Many health conditions and diseases can be prevented or treated if found early. Join us for an in depth discussion about some of today's most relevant health topics. Hear from our expert panel about how to maintain your mental wellness, how to take care of your colon and how to obtain the necessary resources after the Coronavirus pandemic.

### SUPPORTED BY:

The Loretto Hospital, Austin Weekly News, West Side Men, Fathers Who Care, West Garfield Park Community Stakeholders, Mead Communications, GoBoodle.com, Austin Coming Together, Breakthrough Ministries, State Representative Camille Y. Lilly (78th District), State Representative LaShawn K. Ford (8th District), Congressman Danny K. Davis, Senator Kimberly A. Lightford

### **COVID VACCINE TRIALS**

COLON CARE

#### MENTAL WELLNESS

SELF-AWARENESS & SELF-CARE

#### SOCIAL SERVICES

### GRAND PRIZE RAFFLE TO WIN A FREE TV

For more information, email: marketing@lorettohospital.org

Loretto Hospital

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