



# Sleep and Mental Health: Making the Connection

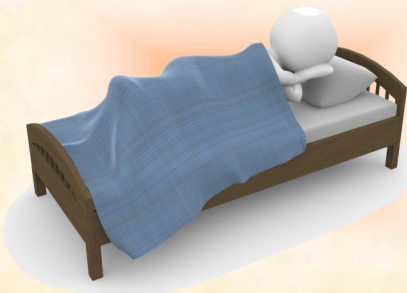
## *Free Community Event*

Monday, November 14<sup>th</sup> from 7 - 8:30 p.m.

Faith Lutheran Church

306 Abbot Ave SW, Madelia, MN

- Importance of high quality sleep and the impact that poor sleep can have on your overall health.
- Lifestyle habits that lead to poor sleep quality.
- Tips for enhancing sleep quality.
- Presented by certified Psychiatric Mental Health Nurse Practitioner **Rebecca Moore**. Rebecca provides psychiatric medication management services for a broad spectrum of diagnoses and mental health concerns at the Mankato Mental Health Associates, P.A.
- Refreshments will be served.



**Questions? Call Deidre at 507-642-5210**

**Mark your calendar for MENTAL HEALTH MONDAYS  
on the second Monday of each Month!**

**Topic for Monday, December 12<sup>th</sup>:  
Coping with Stressors During the Holidays**



This Community Event is sponsored by the Madelia Community Based Collaborative, a local group comprised of volunteers from: Madelia Community Hospital & Clinic, Minnesota State University, Mankato School of Nursing, Glen Taylor Nursing Institute for Family & Society, Watonwan County Human Services, University of Minnesota Extension, Statewide Health Improvement Program, Luther Memorial Home, Madelia Ministerial Association, Madelia School District, and Tony Downs Food Group.