



Building a Healthier, Happier, Community Together.



Your voice matters!

Join your neighbors for a friendly, open conversation about mental well-being, what helps, what gets in the way, and how we can make our community stronger together.

Receive \$50 for participating!
(limited to 30 people, first come first serve)

Thursday, November 20 | 5:30-7:00 PM
Calvary Lutheran Church
605 Douglas Street, Alexandria, MN

We'll explore two new tools:

- CredibleMind: Discover trusted self-care tools and local support options.
- Community Resource Map: Find nearby programs that help you stay connected and well.

RSVP today, or
just drop in!



Scan QR code
or go to:
horizonphmn.gov

Your ideas will guide Horizon Public Health and partners in improving local supports for mental well-being.