



# Lancaster Area Regional Meeting

## A Conversation about Mental Health

Mental health is much more than the lack of mental illness



### Mary Steffy

Former Director  
Mental Health America of Lancaster County

**Saturday, November 16, 7:00 p.m.**

**Rossmere Mennonite Church**

741 Janet Ave.

Lancaster, Pennsylvania 17601

### **A special welcome is extended to all healthcare professionals!**

- ◆ Come and learn about Mennonite Healthcare Fellowship (MHF).
- ◆ Come and greet MHF Board and Staff members.
- ◆ Engage in learning and discussion on mental health led by Mary Steffy.
- ◆ Learn more about the activities and ministry of MHF.
- ◆ Enjoy refreshments and fellowship.
- ◆ Help foster networking with your Anabaptist healthcare colleagues.

#### FOR MORE INFORMATION:



Contact **Carol Spicher**  
Nutritionist/Diabetes Educator  
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or

**Mennonite Healthcare Fellowship**

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