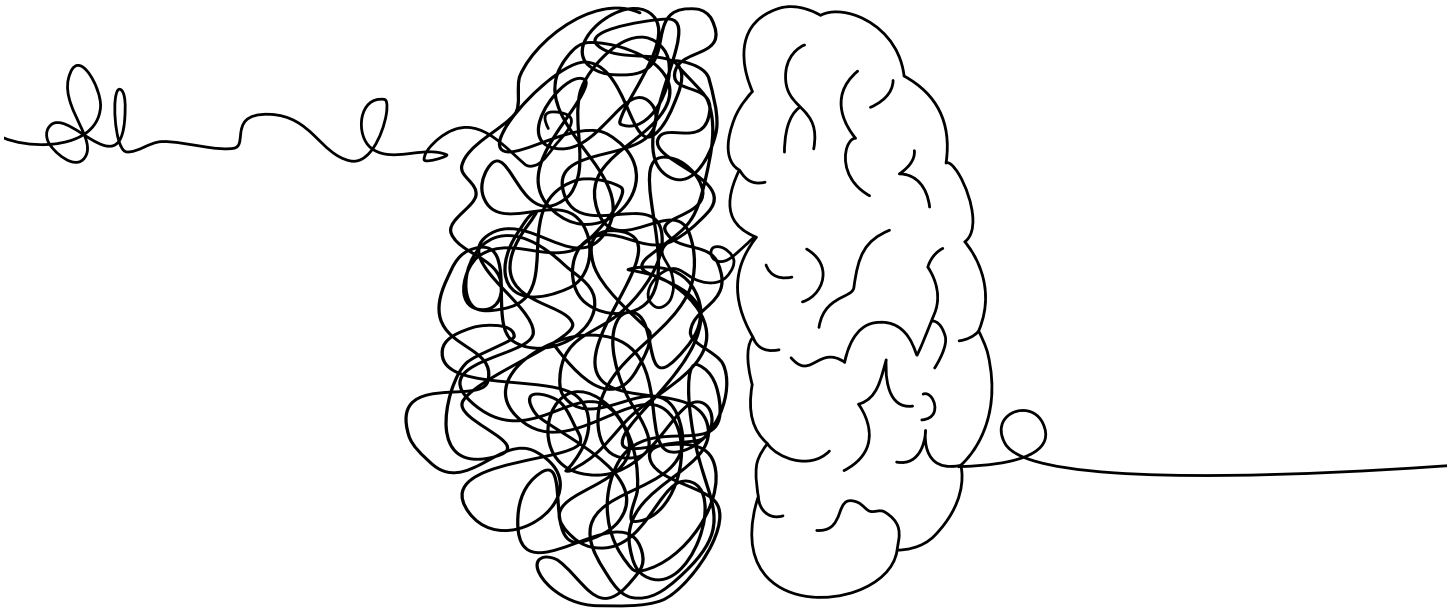
# It’s Okay not to be Okay



Join us
Thursday, December 15 at 5:30 pm
at the Hult Center
5215 Knoxville Ave, Peoria, IL 61614
for part 2 of a 3-part
workshop-style presentation
about reducing or tolerating stress
and conflict.
**Free and open to the public!**

Scan the QR Code
to Register

If you, or someone you know needs help please schedule an appointment with Heartland Health Services Behavioral Health team at 309-680-7600.

HEARTLAND HEALTH SERVICES
309-680-7600 | hhsil.com