

# Family & Friends Seminar

Saturday, March 8th  
9:00-11:00 am

Anamosa Wellness Center  
208 W Main St  
Anamosa, IA 52205

A 2-hour seminar that provides support and education to family members of individuals living with mental health conditions.

**REGISTER**

[www.namidubuque.org/  
classes](http://www.namidubuque.org/classes)

**QUESTIONS?**

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