

*United Methodist Village of Godfrey*

# SmartMoves Healthy Learning Lecture

## Outdoor Health

*presented by Dawn Laws, COTA/L*

Did you know there's a magic cure that can boost your mood, lower the need for pain medication, provide your daily dose of vitamin D, strengthen your relationships, improve your sleep and more? This remedy doesn't come in a pill or potion, but it's free and abundantly available. You get it by simply opening the door and heading outside. Come and join me in learning the MANY health benefits of just being out in the fresh air.

**Date:** Tuesday, May 15<sup>th</sup>  
**Time:** 10:00 am  
**Location:** Chapel

**For more information, contact  
Dawn Laws, COTA/L PD at 618-917-6235**



Program managed by:



May is  
**MENTAL HEALTH  
AWARENESS MONTH**

OSF HealthCare Saint Anthony's Health Center would like to remind you that mental health is essential to everyone's overall health and well-being. Like physical health screenings, it's also important to check in on our mental and emotional well-being to help prevent the onset or worsening of stress related health conditions.

**Free Depression and Anxiety Screenings:**

*Appointment preferred - Walk-in accepted:*

**Tuesday, May 15 | 10 a.m. – noon and 1 – 3 p.m. | OSF PromptCare - Godfrey**

*Appointment only:*

**Thursday, May 17 | 1 – 4 p.m. | United Methodist Village, Godfrey**

**Wednesday, May 30 | 3 – 6 p.m. | OSF Saint Clare's Medical Office Building, Suite 101**

To schedule a confidential adult depression or anxiety screening with a licensed counselor, please call (618) 474-6240. Screenings are for adults only and take approximately 30 minutes.



**OSF® HEALTHCARE**