

Free talk about taking care of mental well-being

The next Barton wellness lecture is titled Taking Care of Your Mental Well-being.

The free talk will be May 10 starting at 6pm in the board room at Lake Tahoe Community College.

Marianna Randolph will talk about:

- What is mental health and how does it impact you?
- What can you do to address mental health issues?
- Explore common mental health conditions: depression, stress, anxiety and bipolar disorder.
- Tips on how to prioritize your mental health.