



May is Mental Health Month

THE JOHN SANTOS CHARITABLE  
ORGANIZATION

INVITES YOU TO:

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**WELLNESS  
AFTER  
COVID-19  
EDUCATIONAL CHAT**

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MAY 22, 2020  
3:30 pm  
Online Zoom Webinar

Do you/someone you know  
live with a mental health challenge?

Do you/someone you know  
have a concern with immunity?

Do you know these two health  
issues are connected?

Join us on Friday, May 22nd at  
3:30pm and hear the story of a  
Mom that overcame  
depression, asthma, colitis and  
chronic back pain.

You will be inspired by her  
simple strategies!!

**You Don't Want to Miss it!!**

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**For more details and to  
receive the Zoom link,  
please PM or call/text  
Augusta at  
908-938-0392**

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