

JAK's Place
820 Egg Harbor Road
Sturgeon Bay, WI 54235

Stamp

Return service requested

Address Label



Mental Health Maintenance

If you own a car you know that there are certain things that must be attended to regularly. Fluid levels must be checked. Tires need to be rotated and properly inflated. A car that is taken care of will run better and last longer, saving you money in the long run. Investing a little time and money now will definitely pay off later.

The same is true for a person's body and mind. Exercising and eating right will prolong your life and make it more enjoyable. Engaging in healthy recreation will do wonders for your state of mind. Taking time to spend with family and friends doing

fun stuff is important. All work and no play...as the saying goes.

You don't wait until the engine seizes up in your car to check the oil. You don't let the tire go flat before you check the pressure. Similarly, you don't wait until you are in crisis to talk to your doctor. Maintaining mental health is something you do day to day. If you feel your symptoms returning or the depression coming back talk to someone about it. Chances are that a medication adjustment or a new support group will be enough to get you back on track.

—*Seth Wiederanders*

Meetings and Events

NAMI General Meeting — Mon. May 12th 7:15pm

NAMI — Open Support Group:

Monday May 12th, 6pm, at JAK's.

Anyone is welcome to come.

Board Meeting — Thursday, May 15th, 4:45

Tai Chi — Mondays, May 5-12-19 4:00

Yoga — Unavailable until further notice

Art group Tuesdays, 2:30-4:00

Dinner at 5:00 on **Tuesdays**

Chess Group — Wednesdays, 1:30

Game Days — every 2nd and 4th Wed., 1:30-3:00

Movies — Wednesdays, 2:45

Nutrition Group — Thursdays, 4:00

CLOSED Friday, May 2, and Monday, May 26

Faith in Recovery — Fridays, 1:00-2:00

Film Group — Fridays, 2:30

Journaling Poets Group — Fridays, 3:30

Meditation — Fridays, 4:00

Friday is Computer Day! It's never too late to learn something new. Bring in your problems and leave without them.

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—6

Friday - 1—5