

Please join us for a special event



Let's Talk Mental Wellness!

You'll enjoy learning from :

Dr. Stephanie Hirons, DNP, RN, LMHC, PMH-BC
Director of Behavioral Health
Ascension St. Vincent



**Interactive lecture on
mental health**



**Ideas to promote mental
health each day**



**Community Resources
available**



**Refreshments and beverages
will be provided**

Come join us...

We'll also have helpful
information about
health benefits and
resources available to
you and your family.

DATE:

Thursday, October 23, 2025

TIME:

11:30am-1:00pm

LOCATION:

**Ascension St. Vincent
3700 Washington Ave.
Evansville, IN 47715**

**St. Vincent Conference
Room**

(Located in lobby of Ascension St.
Vincent Women's & Children Hospital)

Reservations appreciated but not required.
Please contact Lisa Schaefer at lisa_schaefer@uhc.com or 812-457-8198



**Ascension
St. Vincent**



**United
Healthcare**
Community Plan