

Spread the Health with

Dr. Will Miller

**America is having a severe mental health crisis!
...and it is getting worse by the day**

The statistics are alarming! Rates of depression, anxiety, overdoses & suicides are at shocking levels & getting worse every day! The numbers keep climbing.

Even if YOU are thriving, you are surrounded by struggling children and family members. And it is felt by coworkers and everyone in your community.

The Surgeon General called it a crisis of loneliness and isolation and it's killing us. We are called to be aware, to step up where we can and be helpful

It starts with taking care of your own emotional health.

And this is Dr. Will's expertise and specialty.

His presentation brings effective strategies for self care that assures returning to optimal functioning and resilience.

Best of all he's a professional standup comedian so the presentation is insightful and delightful!