

*Beacon Mental Health presents:*



# *ENG-AGE*

- July 8, 2025 (2nd Tuesday of the month)
- 1:00 to 2:00 PM
- Platte County Health Dept.

FEATURING: **REVA ROCHA,**  
**BEHAVIORAL THERAPIST**

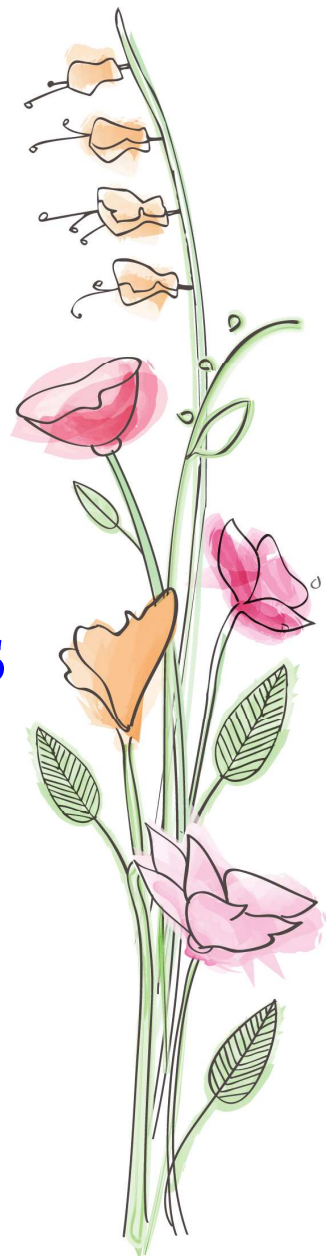
TOPIC: **SELF CARE!**

**IT'S IMPORTANT, BUT IT'S  
NOT WHAT YOU THINK!**



JOIN US FOR INFORMATION,  
CONVERSATION AND REFRESHMENTS.

SPECIAL THANK YOU TO PLATTE COUNTY SENIOR FUND  
AND PLATTE COUNTY HEALTH  
DEPARTMENT FOR THEIR  
CONTINUED SUPPORT



**PLATTE COUNTY  
SENIOR FUND**