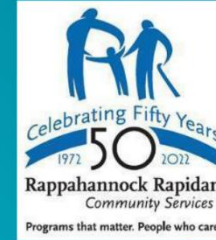


# THE NEW MAN-UP



## SUPPORTING MEN'S MENTAL WELLNESS

Stand up for Men's Mental Health month and join community leaders for a discussion of topics and habits that are essential to men's mental well-being:

- PTSD recovery and resiliency
- spirituality
- community involvement
- self-care
- resources for seeking help



**ALAN RASMUSSEN**

PREVENTION MANAGER,  
RAPPAHANNOCK  
RAPIDAN COMMUNITY  
SERVICES

WED. JUNE 15TH

10AM-12PM



REGISTRATION:

[HTTPS://BIT.LY/MENSMHJUNE1](https://bit.ly/mensmhjune1)

### SPEAKERS:



**CORY WILL, LMSW,  
CPRS, QMHP A/C**

RECOVERY SERVICES  
PROGRAM MANAGER,  
RAPPAHANNOCK  
RAPIDAN COMMUNITY  
SERVICES



**REV. VINI  
HOLLAND**

SENIOR PASTOR, SHILOH  
BAPTIST CHURCH,  
ASSOC. PASTOR, FIRST  
BAPTIST CHURCH



**CHIEF DARREN  
STEVENS**

FAUQUIER FIRE &  
RESCUE