

MENTAL HEALTH  
&  
AGRICULTURE

YOU ARE INVITED TO  
A CONVERSATION  
ABOUT MENTAL  
HEALTH AND  
AGRICULTURE

We will watch a short video  
and talk about the **signs and  
symptoms of stress** and  
how we can help ourselves  
and each other.



**EVERYONE IS WELCOME**

DATE

TIME

LOCATION

CONTACT: \_\_\_\_\_

**PLEASE JOIN US!**