



## **Free Workshop: Culture, Diversity and Mental Health**

Presented by Sharp HealthCare

**Wednesday, September 12, 2018**

**6 to 7:30 p.m.**

**Valencia Park/Malcolm X Branch Library**

**5148 Market Street**

**San Diego, CA 92115**

Our culture and beliefs can affect the way we think about mental health issues. At this free workshop, clinicians from Sharp Mesa Vista Hospital will share strategies for improving communication and cultural reducing stigma around mental health.

**To register, call 1-800-82-SHARP (1-800-827-4277) or visit [sharp.com/citywellness](http://sharp.com/citywellness).**

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

*District 4 Council President Myrtle Cole is a proud supporter of this workshop.*