

TACKLE life's challenges.



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

No one has all the answers, but honest talk about tough life issues is how we move toward solutions.

The Verdant Health Commission and our partners are gathering on Saturday, Nov. 9, 2019 to get the conversation started. This is a 2-part event, and community members are welcome to participate in Part One or Part Two or both, taking place at Edmonds Center for the Arts, 410 Fourth Avenue North in Edmonds.

FREE!

PART ONE

There's strength in taking care of yourself, as we'll hear from Seattle Seahawks Legends Jordan Babineaux and Sean Locklear, who both played for the Seahawks from 2004-10. Their NFL careers proved them to be strong. But it doesn't matter how strong you are when life goes in an unexpected direction. Learn how both men went from tackling players on the field to tackling life's challenges.



JORDAN BABINEAUX PHOTO: ROD MAR



PHOTO COURTESY SEAN LOCKLEAR

Hear their stories:

- **Saturday, Nov. 9, 2019**
- **10-11 a.m.**
- **Edmonds Center for the Arts**
- **No pre-registration required**

PART TWO

FREE!

When a loved one or peer seems to be spiraling into a dark place, we sometimes worry about suicide. But we aren't sure what to say or how to act. Learn how to help that person through LEARN® SAVES LIVES, a training developed by Forefront Suicide Prevention. The five simple LEARN steps empower individuals to help others move in the direction of hope and recovery.

Participate in a suicide prevention community workshop:

- **Saturday, Nov. 9, 2019**
- **11:30 a.m. – 1:30 p.m.**
- **Edmonds Center for the Arts**
- **Pre-registration is required**

Space is limited. Register at verdanthealth.org or call (425) 582-8600.

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