



Practicing Gratitude

May 18-20, 2018

*Research shows that practicing gratitude
promotes better physical and mental health*

The Los Angeles County Department of Mental Health is pleased to participate in the national Weekend of Worship, a part of Cities Thrive (<http://www.nyc.gov/citiesthrive>) by asking clergy to use the theme of Gratitude on the same weekend in May.

May is Mental Health Month.

For more information, please contact
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