

# **SAVE THE DATE**

***Mental Health and Your Community  
Depression - Helping Yourself and Others***

***October 10 - 6:30-8:30 pm  
Tifereth Israel Synagogue  
924 Polk Blvd., Des Moines***

***This event is brought to you free of charge thanks  
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***If you would like to attend please  
RSVP to [office@tifereth.org](mailto:office@tifereth.org).***