



# Men's Health

## Taking Charge of Your Wellbeing

Presented by: Tom Kingsbury, CMH Health Mentor & Certified Personal Trainer

This engaging and informative presentation focuses on key health issues affecting men and offers practical strategies to support physical, mental, and emotional well-being. Participants will leave with useful tips, resources, and motivation to make informed health decisions and lead healthier lives.

(1) SW CE Available

 Date: Thursday, June 26, 2025

 Time: 9:00 – 10:00am

 Location: Virtual via Teams

[Click here to register or scan the QR code](#)



For questions regarding registration or assistance needed with ADA accommodations contact  
Tammy Lake [tlake@scccmh.org](mailto:tlake@scccmh.org) or 810-966-2597



**St. Clair County  
Community Mental Health**  
*Providing Opportunities for Health, Wellness, & Connection*



[www.scccmh.org](http://www.scccmh.org)

St. Clair County Community Mental Health is an approved provider with the Michigan Social Work Continuing Education Collaborative. The approved provider number is: MICEC-0054.