



# ALL ABOUT CRUISING

WITH TAMMY LAKE

## LUNCH MEET-UP

**WEDNESDAY, JULY 29TH**

**TIME: 12PM - 1PM**

PINEAPPLE/HAM PIZZA, CHEESE PIZZA, BREADSTICKS & SALAD  
WILL BE PROVIDED

**LOCATION: CMH AUDITORIUM**

**REGISTER HERE :** <https://wkf.ms/4uvA2FK>



**St. Clair County  
Community Mental Health**

*Providing Opportunities for Health, Wellness, & Connection*