## STARTS TODAY. Advocate Health Care

## **Substance Abuse**

Managing both for a Healthy Lifestyle

**Woodstock Public Library** Tuesday, February 20 6:30 p.m. - 8:00 p.m.

Learn the facts with statistics on the effects of drug and alcohol abuse in our community. This engaging workshop will provide the present-day realities that binge drinking, prescription drug abuse, heroin, and marijuana has in our community. Learn about the current programs of support and prevention and empowerment so you can make a real





Laura Crain is the Drug Free Community Grant Coordinator for the McHenry County Substance Abuse Coalition. Their main focus is in the area of abuse of prescription medication, heroin, alcohol, and marijuana use in the county. She has been working with Drug Free Community Grants for the past 10 years.

**Woodstock Public Library** 414 W. Judd St. Woodstock, IL 60098 815.338.0542 (Register Today)

**Email:** Suzanne.Martinez@advocatehealth.com (Include name and phone number)

