

Mental health subject of Saturday seminar

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Created to educate the community and highlight the mental health resources available in north Alabama, the Hope Not Shame seminar Saturday will feature sessions on the stigma of mental health, stress and health, depression, mindfulness, exercise and aromatherapy.

The free seminar will be from 9 a.m. to 2 p.m. at Canaan Community Church, 1032 Fourth Ave. S.E., Decatur. To register, visit eventbrite.com.