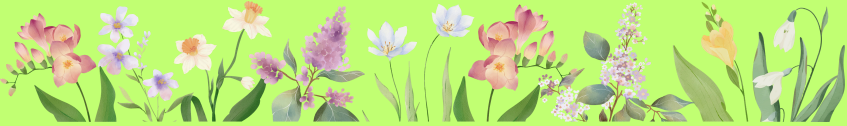


# Lets Learn Together

GREAT FUTURES START HERE.



Join us for some of the upcoming lunch and learns and learn something new! Add another tool to your toolbox!



## Session #7

### PTSD

- What is PTSD?
- The signs and symptoms
- The different types of PTSD
- The risk and protective factors of PTSD
- Possible treatments
- Gain a greater understanding of what PTSD is, how it may affect those that struggle with it and also understand that it can affect a broader range of people in addition to those that were in the military.

**Tuesday, May 13th from 12pm to 1pm**

**\*\* soup and salad will be provided**

Lunch and Learns will take place at the **Boys and Girls Club of Lewistown**  
**134 Park St.**

For more information please reach out to the Club at : **(406) 535-2257**

A promotional image for "Lunch and Learns" featuring a wooden chalkboard with the word "LUNCH" written on it in white chalk. The chalkboard is surrounded by various items: a clear plastic water bottle with a yellow cap, a green apple, a yellow alarm clock, a stack of colorful notebooks, and a plate of food including a sandwich, salad, and fruit. The background is a wooden surface.

LUNCH