

# Lunch & Learn



WITH



**FEB 23,**  
**2021**  
12 PM - 1 PM

TOPIC

## Mental Health & COVID-19

Get advice on caring for your mental health during the COVID-19 pandemic from District Medical Group and Valleywise Health psychiatrist, Alicia Cowdrey, MD and learn about Valleywise Health's newly opened Comprehensive Health Center in Peoria.



Conveniently located at Grand Avenue and Cotton Crossing, Valleywise Comprehensive Health Center - Peoria offers a wide range of services for all ages. This brand-new clinic just opened in your neighborhood January 25!



**Dr. Alicia Cowdrey**  
Outpatient Medical Director  
Behavioral Health Services  
Valleywise Health/DMG



**Barbara Harding**  
Senior VP  
Ambulatory Services  
Valleywise Health

For more information on Valleywise Health and Valleywise Health Foundation, visit [ValleywiseHealthFoundation.org](http://ValleywiseHealthFoundation.org).