



# Free Mental Health Lecture

## WHAT'S LOVE GOT TO DO WITH IT?

**Whether Cupid's arrow hits its mark or just misses, love is a complex emotion that this lecture will help listeners wade through by discussing:**

- The chemistry of romance and falling in love.
- Coping mechanisms for love's emotional highs and lows.
- Methods to increase our capacity to love.
- Tips for laying the foundation for lasting relationships.

**Feb. 19, 2019 at 7 p.m.**

### LOCATION

Antelope Valley Hospital | Community Resource Center  
44151 15th Street West, Lancaster



**ANTELOPE VALLEY  
HOSPITAL**  
*A facility of Antelope Valley Healthcare District*

[avhospital.org](http://avhospital.org)



### Presenter

**Roger Girion, Ph.D.**

Executive director of mental health services for AV Hospital. Drawing from more than 30 years in the mental health field, he is passionate about educating the public on mental health issues.