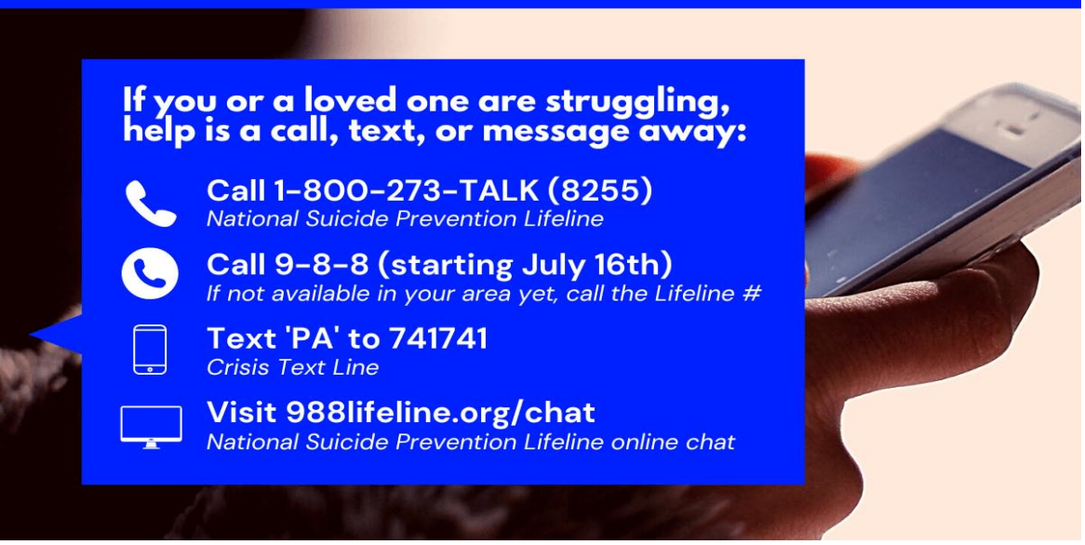
NEED HELP?

It's okay to not be okay.



If you or a loved one are struggling, help is a call, text, or message away:

Call 1-800-273-TALK (8255)
National Suicide Prevention Lifeline

Call 9-8-8 (starting July 16th)
If not available in your area yet, call the Lifeline #

Text 'PA' to 741741
Crisis Text Line

Visit 988lifeline.org/chat
National Suicide Prevention Lifeline online chat

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Lehigh Carbon COMMUNITY COLLEGE

WALDEN III
Senior Living Community

Mom is happy and I finally have some peace of mind!

We were at an impasse. We wanted Mom to consider Personal Care but she was dead set against it. She can manage just fine, she insisted. I love her dearly but worry constantly. She reluctantly agreed to visit Walden III and they suggested a compromise. Independent Living! She gets to retain her independence and her dog and I enjoy the comfort and security knowing that help is **always** on hand.



Walden III Senior Living Community, Wind Gap, PA
Personal Care/Independent Living

Visit our web site at **www.Walden-3.com** for a complete description of charges for optional services. Or call **610-863-7059** and schedule a tour.

Base Rate One Bedroom apt.	$1,505 per mo.
One Bedroom with all services	$2,300 per mo.
Base Rate Two Bedroom apt.	$1,655 per mo.
Two Bedroom with all services	$2,450 per mo.

Recently diagnosed with cancer?

We can help.

With Lehigh Valley Health Network's **Same Day/ Next Day Cancer Care,** you can schedule a video visit with a clinician in **48 hours or less.**

The wait to talk to someone who can guide your next steps is over.



Lehigh Valley Topper Cancer Institute
part of Jefferson Health

To schedule your appointment, call 610-402-7880 (hematology oncology) or 610-402-7884 (surgical oncology). To learn more, visit LVHN.org/CancerCare.