



Effingham Public Library
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PRESS RELEASE

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For further information contact Catherine Bailey

Veteran Walking Across USA for PTSD at Effingham Public Library

The Suzette Brumleve Memorial Effingham Public Library is pleased to host retired U.S. Army Soldier Stephen Meyers as he walks across the USA for PTSD from 11 to 1 p.m. on Friday, Feb. 28 in the Workman Room.

A veteran of the wars in Iraq (2005-2007) and Afghanistan (2013) Stephen's goal is to help those suffering in silence with PTSD. On this walk, Stephen especially seeks to talk with veterans and first-responders and those who care for them. As Stephen explains: "It is easier talking with someone who has been through similar experiences."

Stephen first realized that he had PTSD in 2007, but didn't receive treatment until 2015. Stephen shares: "Untreated wounds fester and become bigger problems later. Have courage and treat them when they are small and easily managed."

Go online to effinghamlibrary.org or call 217-342-2464 x. 1 to register to attend this free event.

For more information, contact Catherine Bailey, Programming Outreach Manager at 217-342-2464 or catherine@effinghamlibrary.org.

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