



- Are you a SCCMHA provider, case manager or therapist?
- Do you work with consumers who would benefit from having additional Wellness resources?

If your answer is “yes” to the above questions, then feel free to contact your SCCMHA Wellness Coordinator to connect you with resources or prepare a presentation to help you need to meet the wellness needs of the consumers you serve.

Remember, wellness is not just health, it includes the following dimensions:

- Emotional
- Financial
- Social
- Spiritual
- Occupational
- Physical
- Intellectual
- Environmental

Mary K. Baukus, MSW, LMSW
Wellness Coordinator

Saginaw County Community Mental Health Authority

500 Hancock

Saginaw, MI 48602

(989) 272-7228

mbaukus@sccmha.org