

# Life isn't **easy.**



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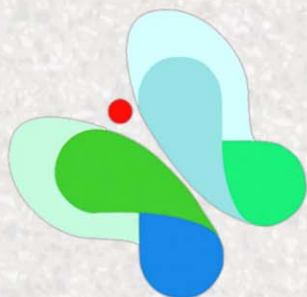
But talking it out can help.

When you don't feel well, it's your *body* talking – telling you it's time for a check-up.

At Northwest, our check-ups also include asking how you're *really* feeling. That's because a lot of what makes our bodies hurt often comes from what's going on in our lives.

**Jennifer James-Witteveen** knows how to help people figure things out. With more than 15 years of experience working in the behavioral health field, Jennifer is a key part of our health care team.

Don't pretend nothing's wrong. Call us today. We can help with whatever ails you.



**NORTHWEST MICHIGAN**  
Health Services Inc

119 S. State Street in Shelby

**231-861-2130**

Our grey-sided building is conveniently located on State St., across from the Mercy Health Lakeshore Campus. There is ample parking on the north side of the health center.

We accept most insurance, Medicare, and Medicaid for children and adults.

**Hours:** M 8-5:30, T/Th/F 8-4:30, W 8-7 • Visit us anytime at [www.nmhsi.org](http://www.nmhsi.org).

