

SAVE THE DATE FOR THIS FREE EVENT!

Peer Wellness Forum

Red Lion Hotel, 3301 Market Street Northeast, Salem
April 8, 2010, 9:00a.m.-4:00 p.m. (Arrive at 8:30a.m.
for registration and refreshments)

- **Taking the Next Step: interactive with Dan Fisher, M.D., Executive Director, National Empowerment Center**
Dan is a person who has recovered from schizophrenia. He was hospitalized several times prior to becoming a psychiatrist. He is one of the few psychiatrists in the country who publicly discusses his recovery from mental illness. He is a role model for others who are struggling to recover, and his life dispels the myth that people do not recover from mental illness. His recovery and work in the field were recognized by his selection as a member of the White House Commission on Mental Health.
- **Practicing Wellness breakout sessions**
Medication empowerment, massage, nutrition, movement & fitness, "The Art of Wellness": an exploration in pastels
- **Forum discussion**
How are community wellness programs working for you? What do you need?

RSVP to Jessica by April 6 (or by March 25 if you will need Americans with Disabilities Act (ADA) accommodations)

at jvandiepen@aocweb.org or call 503-399-7201.

Limited number of travel stipends available.

DRESS COMFORTABLY for the best time!

Program and lunch generously provided by these sponsors:

JUST People.....helping people

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Peer Wellness Program
of Benton County

portlandhearingvoices.net

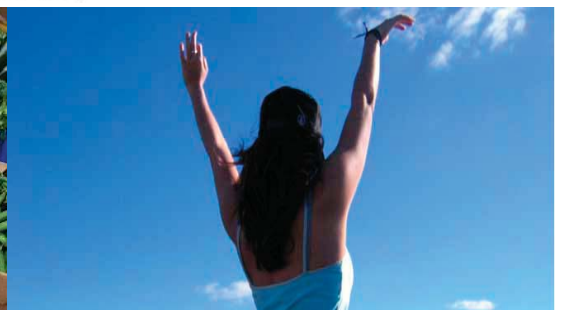


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