

Community Alliance for Healthy Minds

4th Annual Forum

Saturday, February 27, 2010, 8:30 a.m.-3:00 p.m.



Presents:

Wellness... Mind, Body & Soul

Converging paths to recovery, health and wholeness

Who should attend? Community members, consumers, caregivers, seniors, students, social workers, psychologists, psychiatrists, faith community leaders, marriage and family therapists, and all interested in the emotional wellbeing of their community

Hosted by:

Abraxas High School
12450 Glen Oak Road
Poway, CA 92064

Presented by:

Community Alliance for Healthy Minds (CAHM)
founded by Rex & Connie Kennemer
after their son Todd's death from mental illness,
to honor his life and struggle 1980-2005

FORUM Features... see details at: www.cahealthyminds.com

- Resource & Arts Fair: begins at 8:30 a.m.
- Keynote speakers at 9:00 a.m.
Carol LeBeau, Palomar Pomerado Health's "champion for healthy living"
Dr. Nick Yphantides, author of "My Big Fat Greek Diet"
- Leaders in mental health, substance abuse, crisis intervention, support and recovery
- Outstanding breakout sessions by experts in nutrition, hands-on collage art, writing therapy, dance and movement, suicide prevention and survivor support, the journey with grief, and creating caring faith communities
- Panel Q & A
- Art Show & Sale, Silent Auction & Raffle Prizes
- Music, Dance & Drama

FREE event. (A donation of \$20 or any amount is appreciated)

Lunch is included free of charge with pre-registration.

Funds raised will assist community mental health and wellness programs including programs for students.

Register Today! Space is limited...

E-mail: CAHM@san.rr.com / Voicemail: 858-395-3950. Expect a confirmation response.

Event updates at: www.cahealthyminds.com

CAHM Forum donations may be made at the Forum and online at: www.yellowribbonsd.org

Yellow Ribbon Suicide Prevention Program®, San Diego Chapter

Event sponsorship opportunities, please contact:

Rex Kennemer, CAHM founder 858-395-3265 mobile • cahealthyminds@gmail.com