

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



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:

- Resource Fair: begins at 8:30 a.m.
- Keynote speakers: Carol LeBeau and Dr. Nick Yphantides at 9:00 a.m.
- Leaders in mental health, substance abuse, crisis intervention, support and recovery
- Outstanding breakout sessions by experts in nutrition, art and writing therapy, suicide prevention and survivor support, and the journey with grief
- Panel Q & A
- Art Show & Sale
- Silent Auction & Raffle Prizes
- Music & 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.

CAHM Forum donations may be made online through:

Yellow Ribbon Suicide Prevention Program®, San Diego Chapter

www.yellowribbonsd.org

Event sponsorship opportunities, please contact:

Rex Kennemer, CAHM founder 858-395-3265 mobile

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www.cahealthyminds.com