



NAMI San Diego HEARTS AND MINDS Kick Off Event

NAMI San Diego will be holding the first annual Hearts and Minds Wellness Workshops and Resource Fair to help people learn effective techniques to better take care of themselves.

People with mental illness are much more likely to have classic heart-risk factors, such as cigarette smoking, obesity, diabetes, elevated cholesterol and hypertension (high blood pressure), some of which can be compounded by some anti-psychotic medications. The risk factor for diabetes and “metabolic syndrome” (a condition that can be a precursor to diabetes) is also greater for those taking atypical anti-psychotic medications.

Join us for the first
HEARTS & MINDS program
WHEN: February 23, 2011
WHERE: Marina Village
Conference Center Baja Room
TIME: 10 am to 2 pm

Speakers will range from Nutrition to Smoking
Cessation to Dance and Exercise Movements

There will also be a resource fair with dozens of local health and wellness organizations to help educate the public on how to best utilize their services.

The Hearts and Minds seminar is free of charge and open to the public.

NAMI encourages anyone who wants to learn more about keeping their minds and bodies in optimal health to attend.

For more information please contact: Annie Dunlop 619.584.5574

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