

International Bipolar Foundation Presents:

LIVING WITH SOMEONE WHO HAS BIPOLAR; LIVING WITH SOMEONE WHO HAS “NORMAL” BY JOHN MCMANAMY

THURSDAY SEPTEMBER 8, 2011



John McManamy is the author of “Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn’t Tell You That You Need to Know” (HarperCollins, 2006) and editor and publisher of the most extensive educational website devoted to depression and bipolar disorder, “McMan’s Depression and Bipolar Web.” He also contributes as an expert patient on HealthCentral’s “BipolarConnect” and has his own blog, “Knowledge is Necessity.” John was diagnosed with bipolar disorder in 1999 at age 49 following a suicidal depression and a lifetime of denial. Soon after, John put his experience as a financial journalist to work in researching and writing about his illness. John has also been involved in advocacy, having worked with the Depression and Bipolar Support Alliance on local, state, and national levels. He is currently serving on the board of NAMI San Diego. In June 2007, in recognition of his mental health journalism, John received the Mogens Schou Award for Public Service from the Seventh International Conference on Bipolar Disorder. Says John:



“Writing about my illness has played a very strong role in my healing and recovery. Writing allows me to come to terms with my past, gives meaning to my present, and gives me the courage to face the future with hope.” John moved to the San Diego area nearly five years ago from the east coast. He is currently residing in Alpine.



5:30-6:00PM-SOCIAL

6:00-7:00PM- LECTURE

Sanford Children’s Research Center
Building 12
10905 Road to the Cure
San Diego, CA 92121

Directions: Coming from the 5-North, exit Genesee Avenue and turn right. Continue onto North Torrey Pines Road. Turn right at Science Park Road and take the 1st left onto Torreyana Road. Take the 1st right onto Road to the Cure (building on left hand side).

*Event and Parking are free

R.S.V.P. to areitzin@internationalbipolarfoundation.org