The following is not an official DBSA-sanctioned event, just a member trying to make a difference. Sharing my story helps me feel like the pain and struggle was not in vain, that I can help others. Even if I help one person, then it's worth it.

## Speech on Bipolar and Anxiety with Live Music

when: Wednesday, 13 February 2013 at 6:30pm

where: Cafe Cabaret coffeehouse in Normal Heights



Aaron Klein shares his life with bipolar and anxiety, with live music to manifest different moods. This will be my ninth talk, but the first in the winter and the first since December of 2010. This is my comeback show. The venue only holds about thirty people, and nine have reserved seats. Twenty to twenty-five seats

are left. Admission is free of charge, but donations are accepted. Part of the donations will go to DBSA San Diego.

Special thanks to *Michiko Lindsey* for taking care of me when I got out of the hospital, and to all of you at *DBSA San Diego* who have supported me in good times and in bad. It's gonna be a great evening!

## **Cafe Cabaret**

3739 Adams Avenue (between Cherokee Avenue and East Mountain View Drive)

San Diego, California 92116 (in Normal Heights, close to Interstate 15)

See http://www.yelp.com/biz/cafe-cabaret-san-diego/

>>> Please RSVP to <hope.is.unlimited@gmail.com> <<<