



Depression and Bipolar Support Alliance *of San Diego*

DBSA of San Diego presents ...

Christie Johnson

Life's Toolbox Skills

Alexander Technique Introduction

Nurturing Noticing ❖ Exploring Balance

Are you challenged in taking care of yourself and/or while taking care of a loved one with a mental illness? Learn to care and connect without losing your own self-care by learning to turn tension into attention, redirect excess energy into useful energy, and learn the essential art of responding versus reacting. Please join us and explore more life balance.

When: Monday, 07 April 2008
6:00pm – 8:00pm

Where: Garren Auditorium
Basic Science Building
Medical School Campus
University of California, San Diego
La Jolla, California

For further information,
visit Christie at <http://www.ChristieJohnson.net/>
or call Christie at 951.587.9156

There is *free parking* in the VA Hospital parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side of this sheet for explicit directions.*