



## DBSA San Diego and Sharp Mesa Vista Hospital

present **David Granirer**

Founder/Counselor, Author, Stand-Up Comic  
<http://www.StandUpForMentalHealth.com/>



# Standing Up for Mental Health

When: Wednesday, 08 October 2008  
7pm – 9pm

# FREE!

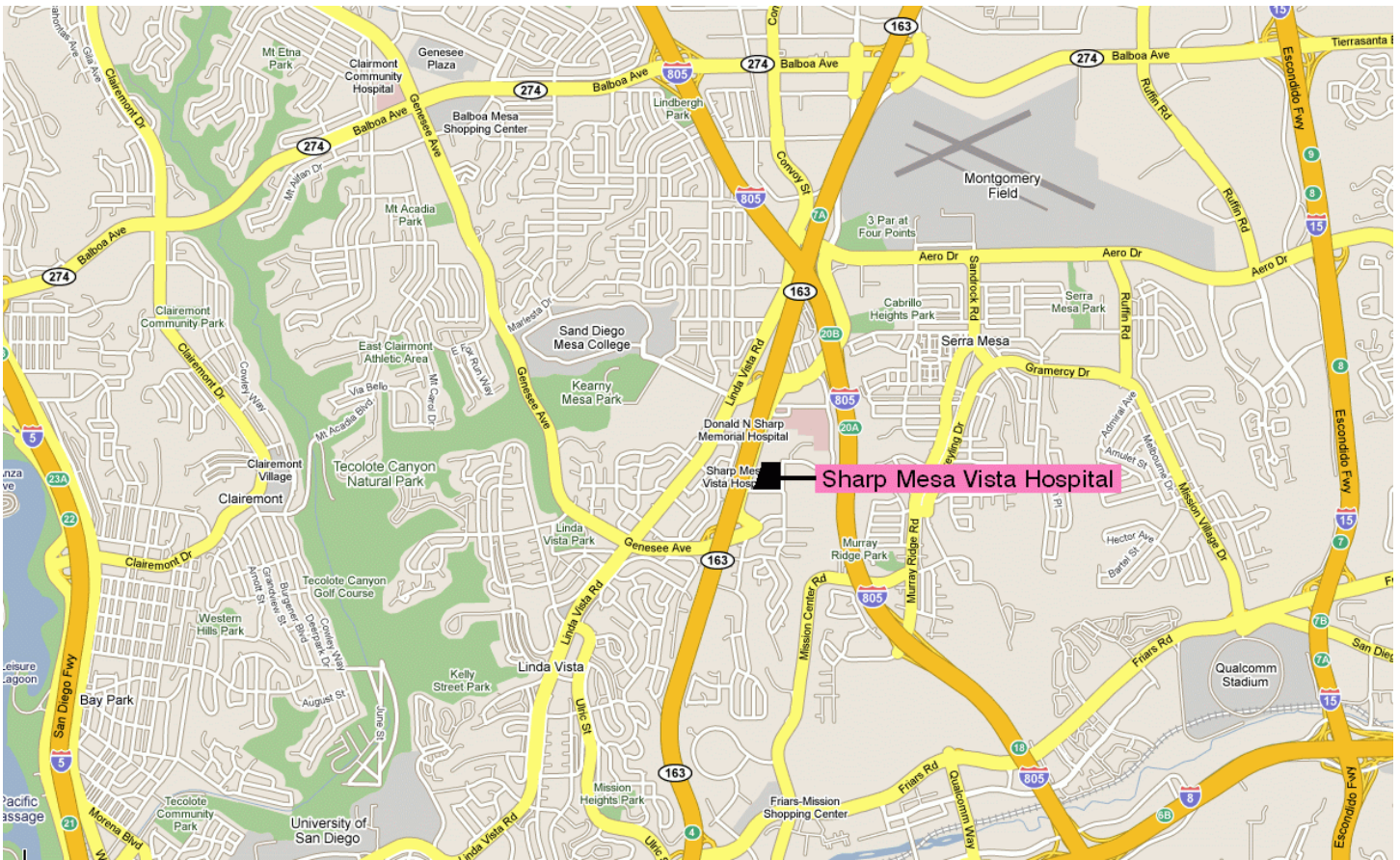
Where: Gymnasium  
Sharp Mesa Vista Hospital  
7850 Vista Hill Avenue (Kearny Mesa)  
San Diego, California 92123-2790  
👉 The hospital is served by #25 and #120 buses.

**Questions? Call Angela at 858.232.7955.**

David Granirer, author of *The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success*, will entertain you with his stand-up comedy act on the lighter side of mental health, and talk about his *Stand Up for Mental Health* program, where he teaches stand-up comedy to people with mental illness as a way of building confidence and self-esteem.

David will also screen *Cracking Up*, the VOICE Award-winning documentary on *Stand Up for Mental Health*, and do some Q&A. And he'll talk about how doing comedy helps in the recovery process! Come laugh and learn!





**Sharp Mesa Vista Hospital is located at 7850 Vista Hill Avenue in the heart of Kearny Mesa, south of the intersection of Highway 163 and Interstate 805, a few blocks beyond the end of Genesee Avenue.**

- **If you're taking Highway 163 North, exit at Genesee Avenue East and turn left onto Health Center Drive, then right onto Vista Hill Avenue. Go about 400 feet and finally turn left into the parking lot of Sharp Mesa Vista Hospital.**
- **If you're taking Highway 163 South, exit at Genesee Avenue and turn left at the first light, which is at the end of the off ramp. This puts you onto Genesee Avenue going east. Follow Genesee under the bridge and turn left onto Health Center Drive, then right onto Vista Hill Avenue. Go about 400 feet and finally turn left into the parking lot of Sharp Mesa Vista Hospital.**