



Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



Maggie Reese

Winning the Race with Bipolar Disorder

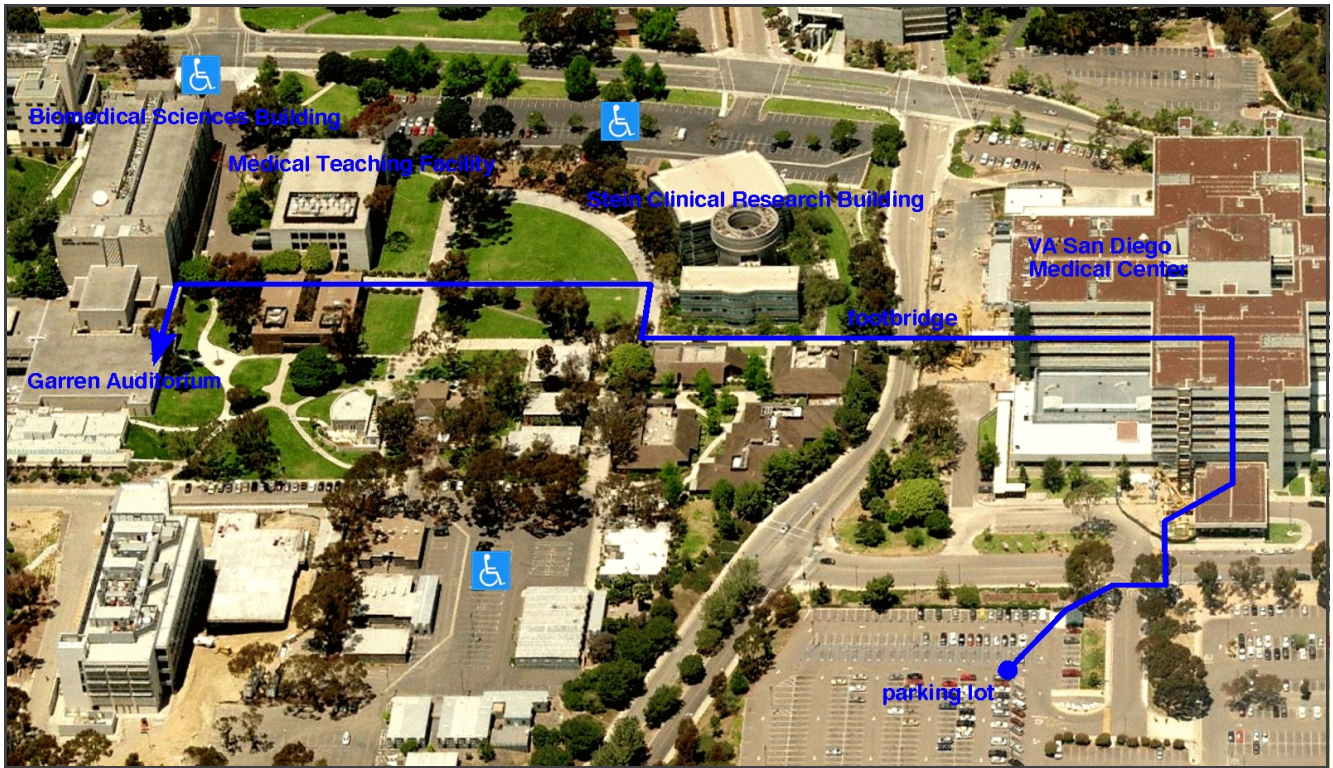
Maggie will discuss the difficulty of a major transition which was going off to college on a full-ride scholarship. She will focus on her experiences from college years, hospitalizations, the suicidal depths of depression, and the extreme highs of mania. In addition, she shares about how she was diagnosed with Type I Bipolar Disorder, medications, and the road to recovery. Lastly, Maggie goes into detail of how difficult it was having a child, the challenges of being a mother, wife, and staying well.

when **Monday, 05 March 2012**
6:00pm – 8:00pm

where **Garren Auditorium**
Biomedical Sciences Building
Medical School Campus
University of California, San Diego
La Jolla, California

Maggie Reese was a nationally ranked track star on a full ride scholarship to the University of Idaho. Unfortunately, her Olympic dream ended when she broke her leg while running in a race. Without her running career to keep her together, mental illness crept in and took over. Her book, *Runaway Mind*, details Maggie's journey with bipolar disorder. In this memoir, she reveals her battle with the illness during her young life. She shares her harrowing struggle with being bipolar through her own words along with the words of other women close to her. Reese offers readers her personal experience with this disorder and how she and her family dealt with it from symptoms to causes, to treatment and recovery. Maggie sends out a message of faith, provides strength, and encourages positive outlook in order to survive the illness and to further enjoy life to the fullest. Maggie is now a motivational public speaker for all kinds of organizations throughout Southern California. Currently she serves as on the Executive Board of Directors for the International Bipolar Foundation. Maggie is a stay-at-home mom, who when not writing, loves to travel, garden, read and spend time with her family and friends. Hearing how her book has given hope to so many people with bipolar and to their families, who love them, makes her journey worth it! <http://www.runawaymind.net/> and [<info@runawaymind.net>](mailto:info@runawaymind.net).

There is free parking in the VA San Diego Medical Center 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 for detailed directions. For information on parking with "Disabled Person" placards or license plates, visit the UCSD page <http://blink.ucsd.edu/facilities/transportation/permits/disabled.html> or see the map overleaf.



Walking Directions to Garren Auditorium

Follow the **DBSA San Diego** signs with the **blue** arrows along the way.

1. From the parking lot, walk into the front (south) entrance of the VA San Diego Medical Center. Continue straight until you reach the center of the hospital, where you'll see the banks of elevators as well as a large compass on the floor.
2. Turn **left** (west) at the compass and keep going, out the glass doors and over the footbridge that spans Villa La Jolla Drive.
3. Continue walking past the Stein Clinical Research Building (on your **right**).
4. Follow the sidewalk **right** and then make the next **left** turn, continuing toward the Medical Teaching Facility building.
5. Walk under the walkway that connects the north and south parts of the Medical Teaching Facility.
6. Continue walking until you reach the Biomedical Sciences Building.
7. Enter the large glass sliding doors and immediately turn **left** down the corridor, where there is a sign saying Garren Auditorium is in Room 1105.
8. Walk down the corridor. Garren Auditorium will be on your **right**, Room 1105. You can enter at the bottom, where the lecturer is, or continue a bit farther until you see a staircase on your **right**, which would take you to the top (back) of the auditorium.

Please note: The sliding glass doors to the Biomedical Sciences Building lock from the outside at 7:00pm, so please be sure to arrive before then.