

# Choices in Recovery

Don't miss this special educational seminar!

Date: Wednesday, October 4, 2006

Registration time: 11:30 AM (Boxed lunch will be served.)

Program time: 12:00 PM to 1:30 PM

## *Choices in Recovery: What's in it for you*

Today there are more treatment options—and more opportunities—available for individuals with schizophrenia than there ever have been before. But one thing hasn't changed: It's still true that the single most important thing that individuals with schizophrenia can do to stay well and live their lives to the fullest is to follow their treatment plan. When you focus your treatment plan on achieving treatment goals and recovery, you can successfully manage schizophrenia by making healthy lifestyle choices, working with a treatment team, reducing stress, using advocacy and support groups, and taking your medication. Join us for an informative and interactive discussion on these and other ways to achieve your treatment goals and reach recovery.

### *There is always hope for recovery!*

The purpose of this educational program is to help you understand schizophrenia, its treatment, and how its treatment can lead to achieving therapeutic goals and recovery. Although there is no cure for schizophrenia, the process of recovery is possible. The program will also assist you with feeling comfortable in sharing important information with your treatment team. It is not intended to replace discussions with your treatment team. All decisions regarding your diagnosis and treatment must be made by you and your doctor.

### **You'll learn about...**

- How recovery is possible
- How recovery can be achieved
- How to set realistic treatment goals and recovery strategies
- How to develop your treatment plan with your treatment team
- How to work your treatment plan into your daily life
- How treatment forms the foundation for recovery

### **Speaker:**

Richard Petty, MD  
Promedica Research Center  
Tucker, GA

### **Venue:**

Museum of Life and Science  
Mercury Meeting Room  
433 Murray Avenue  
Durham, NC

For free registration, call NAMI Durham at (919) 231-5016. Space is limited, so register today.

Sponsored by NAMI Durham

Funding provided by Janssen, L.P

