



NAMI Hearts & Minds



National Alliance on Mental Illness

www.nami.org/heartsandminds



Coming Wednesdays in March 2012

Mentally Healthy... Physically Strong...

According to the National Co-morbidity Survey Replication from 2001-2003, nearly 68% of individuals with a mental disorder had at least one medical (physical) condition. Statistics show that persons with serious mental illness using the public mental health system die on average of 25 years earlier than the general population.

Don't lose heart, there is good news as research has shown that many of these could be prevented with lifestyle modifications. The **NAMI Hearts & Minds** program is an effort to educate and empower the consumer and their caregivers so that they are able to make more positive life choices.

Register early as each session is limited to 10 participants

Session Date/Time	Topic	Location
Session 1 Wednesday, March 7, 2012 6:30 pm to 9:00 pm	Introductions. Dimensions of Wellness. Goal Setting. Your Road to Recovery.	Aurora Social Rehabilitation Services 104 West Main Street Mechanicsburg, PA 17050 Across from Jo Jo's Pizza
Session 2 Wednesday, March 14, 2012 6:30 pm to 8:30 pm	Healthy Eating. What's On Your Plate? Creating Options & Making Choices.	GIANT Camp Hill Cooking School 3301 Trindle Rd, Camp Hill, PA 17011
Session 3 Wednesday, March 21, 2012 6:30 pm to 9:00 pm	Exercise & Physical Activity. Medical Self Advocacy. Keeping a Wellness File	Aurora Social Rehabilitation Services 104 West Main Street Mechanicsburg, PA 17050 Across from Jo Jo's Pizza



National Alliance on Mental Illness

PA, Cumberland and Perry Counties

This course is offered by NAMI PA Cumberland & Perry Counties with funding for this program being provided by the Cumberland & Perry Counties' Mental Health Program.

Attendance at all three sessions is not necessary but

Pre-Registration is in order to reserve your spot and for planning purposes.

This course is **free and open ONLY** to Cumberland and Perry County residents.

To register email findhope@namipacp.org or call

Theresa at (717) 423-6907 with the specific session(s)

www.namipacp.org

Date of Flyer 01/12/2012

Topics and March 21st location subject to change