



Make waves

COMMUNITY EDUCATION DAY – NEW TEEN TRACK

A ½ day workshop about mental illness and addiction.

Sunday, May 5, 2019

Manor House 7440 Mason-Montgomery Rd., Mason, OH 45040

11:30 a.m.
Brunch

12 – 1 p.m.
Keynote Speaker, Kevin Hines,
Survivor – Storyteller – Film maker

Cracked Not Broken...Surviving and Thriving After a Suicide Attempt



Kevin Hines is an award-winning global speaker, bestselling author, documentary film maker, and suicide prevention and mental health advocate who is using the power of his voice to reach millions with his story of an unlikely survival and his strong will to live.

PRESENTED BY:

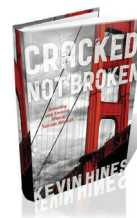
Lindner Center
of HOPE |  Health™

1:15 – 2:45 p.m.

Workshop with Kevin Hines – for Teens Only
(13-18 Yrs. Old)

The Art Of Wellness

Kevin discusses his process for wellness, resilience and recovery. In order to be self-aware and cognizant of his mental wellness, Kevin has developed a 10-step evidence-informed regimen to stay on track and monitor the signs of falling off track. Clinical studies are discussed that prove why these are important to maintain wellness for everyone, not just those with a diagnosed mental illness. Audiences come away with a knowledge of how to build their own toolkit for maintaining their mental wellness, as well as the wellness of their loved ones.



Available for
purchase at event.

REGISTER ONLINE TODAY!

<https://lindnercenterofhope.org/ed2019> or call: (513) 536-0328

\$10 per person includes brunch and both sessions. Space is limited.