

We

Join us for

# From Illness to Wellness Community Mental Health Fair

featuring a special presentation of the 2015 DBSA I to We Tour

# Illness

Saturday, May 16, 2015

10:00 AM–4:00 PM

El Paso County Citizens Service Center  
1675 W. Garden of the Gods  
Colorado Springs, CO 80907

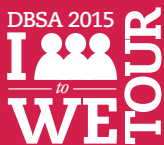
Find hope and new paths to wellness during this free, day-long mental health fair. Come for yourself, a loved one, a patient, or a client. Discover community resources, connect with support, and listen to informative and inspiring presentations.

Free

## 10:00 AM–11:30 AM • DBSA I to We Tour Presentation

brought to you by the Depression and Bipolar Support Alliance (DBSA)

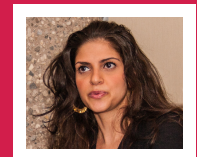
DBSA is crossing the nation on the DBSA I to We Tour with a special stop in Colorado Springs! Author and United Nations Global Expert, Melody Moezzi, JD, will be sharing her story as part of this dynamic, multi-media presentation that explores how we, as peers, family, friends, and practitioners can shift the focus from “I to We”:



Eliminating **illness** to building **wellness**

Isolation and fear to a **welcoming** community of support

Individual views to **powerful**, collective voices



Melody Moezzi

Free w/  
RSVP

## 11:30 AM–12:30 PM • Networking, Learning, and Lunch\*

prepared by the AspenPointe Café

Connect with other wellness-minded attendees over lunch\* or visit the 50+ community resource exhibits. \*RSVP by May 8th for your free lunch at [DBSAlliance.org/CO](http://DBSAlliance.org/CO) or by calling (719) 473-8477. Note the Café will *not* be open for general food purchases. RSVP now!

Free

## 12:30 PM–4:00 PM • From Illness to Wellness Community Mental Health Fair

presented by AspenPointe, Cedar Springs Hospital, DBSA Colorado Springs, NAMI Colorado Springs, Peak View Behavioral Health, and Pikes Peak Suicide Prevention

Explore exhibits and listen to educational and inspirational talks about building wellness and connecting with life-saving mental health resources and support!

**ALL ARE WELCOME TO PARTICIPATE IN THIS FREE DAY OF WELLNESS!**

This event and venue are fully accessible. Public transportation is via the Metro Mountain Bus #34.