

 **FACING US**

# WELLNESS FAIR

Inspiration & Support  
for a Life of Well-being

**HELP US CELEBRATE RECOVERY  
& SUPPORT DBSA PROGRAMS**

DBSA Friends Reception Fundraiser  
Westin Galleria Houston  
Imperial Suite, 24th Floor  
Thursday Evening  
7:00 p.m. – 9:00 p.m.

Featuring stand-up  
comedian  
David Granirer

DBSAAlliance.org/Friends2011

**Westin Galleria Houston**  
**Plaza Ballroom**  
**Thursday, May 19**  
**10:00 a.m. – 6:30 p.m**  
**FREE EVENT**

This FREE community event  
will feature information, exhibits, and short  
presentations focused on ways to keep ALL of you  
healthy—your body and mind!

## PHYSICAL HEALTH

Heart  
Diabetes  
Cancer  
Alcohol Addictions  
Substance Use Addictions

## MENTAL HEALTH

Depression  
Bipolar Disorder  
Eating Disorders  
Mental Disabilities  
Support Groups

## PERSONAL HEALTH

Smoking Cessation  
Nutrition  
Exercise  
Yoga  
Meditation  
Creative Arts

## HEALTH SCREENINGS

Blood Pressure  
Mania  
Depression  
Body Mass Index (BMI)

Learn about resources to improve your physical and mental health—heart health, nutrition, exercise, mediation, smoking cessation, diabetes, mental health, and much more. Visit [www.DBSAAlliance.org/WellnessFair2011](http://www.DBSAAlliance.org/WellnessFair2011) for more information on this **FREE** event.



Depression and Bipolar  
Support Alliance

(800) 826-3632