



**Depression and Bipolar
Support Alliance**
DBSA Princeton

DBSA Princeton presents *Carol Rickard* to speak on

Transforming Illness to Wellness!

When: Wednesday, April 8, 2015, 7:30 PM to 9:00 PM

Where: University Medical Center of Princeton at Plainsboro
One Plainsboro Rd, Plainsboro NJ 08536

(Talk will be in Conference Room D in the Education Center; see directions below)

Are you or do you know someone dealing with an ongoing mental health condition, or recently diagnosed with one? Having the right tools for the job can make the **difference between staying sick & getting well**. This FREE workshop will give you a “toolbox” of such tools—including a *secret* blueprint for wellness that was once only available in a hospital setting. You don’t want to miss this workshop being led by Carol Rickard, LSCW, a nationally recognized stress and wellness expert.

Carol writes weekly for Esperanza Magazine and is the author of many books. Her latest book, *LifeTools*, will be available at the workshop for \$7, and of course the author will be happy to sign your copy! \$2.00 from every book sold will be donated to DBSA Princeton.



THE WORKSHOP IS OPEN TO ALL

Directions: The University Medical Center of Princeton at Plainsboro (UMCPP) is on Plainsboro Road off US Route 1. If northbound on Route 1, exit at Plainsboro Road and take the jug handle to make a left turn into the hospital campus. If southbound, take Scudders Mill Road to the first light at Campus Rd and turn right. Take the first right to enter the hospital campus.

Park by the Medical Arts Pavilion and enter the hospital through the North Entrance. Then head straight until you reach the Education Center corridor on the left. Walk down the corridor, past the Admin. Offices, and continue straight to Conference Room D.

Questions? Contact David at 609-912-0273 or dbsaPrinceton@gmail.com.

*Transforming Illness to **Wellness**, from **I to We**, is the DBSA national organization’s aspiration for this, their 30th anniversary year. You can learn more about DBSA at <http://dbsalliance.org>, and keep up the **I to We** campaign and tour at <http://dbsalliance.org/ItoWe>. DBSA Princeton offers support groups for persons, including family and friends, living with depression, bipolar disorder, or other related mental health conditions meeting Tuesdays from 7:30 PM to 9:15 PM in Classroom 1 of the Education Center at UMCPP. For additional information about DBSA Princeton visit <http://dbsaNewJersey.org/princeton>.*