

NAMI Chippewa Valley presents



A 5-week wellness program

NAMI Hearts & Minds is a **free 5-week** wellness program for adults who live with a mental illness or have a friend or family member who lives with a mental illness. The goal of this program is to educate and empower individuals to better manage their health, mentally and physically.

September 14-October 12, 2023

Thursdays from 6:00-8:00 PM

Banbury Place in Eau Claire, WI

Scan the QR code below or call 715-450-6484 to register.
Please email info@namicv.org for more information.



Topics include:

- Advocating for your health
- The connections between physical and mental health
- How nutrition can affect the brain
- Diet and fitness
- Managing side effects of medication and chronic pain
- Improving sleep