



**Date:** January 8, 2010

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### **Find out how to add years to your life through wellness**

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**What:** Community Wellness Forum

**When:** January 28, 2010 6:00 p.m. to 8:30 p.m.

**Where:** First Baptist Church of Salem, 395 Marion St. NE Salem, Oregon  
Banquet Room

The Department of Human Services (DHS) Addictions and Mental Health Division's Wellness Task Force welcomes the public, health experts and health minded agencies to participate in a unique forum focused on wellness. The gathering will include a panel presentation on wellness and recovery, a question and answer session, booths with hand-outs, resources for a healthy nutritious lifestyle and tips on how you can change your life through wellness. Studies show utilizing a full, healthy spectrum of wellness strategies and illness prevention helps people heal and creates healthier communities.

This forum is a unique effort that integrates both mental health and physical health. The activity packed event is free and open to the public.

For more information about the DHS Wellness Initiative please visit:  
<http://www.oregon.gov/DHS/mentalhealth/wellness/main.shtml>

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