****MindFiT

Do you know someone struggling with their mental health? Current statistics tell us that over 20% of Americans experience mental illness in any given year.

This MindFiT seminar hopes to shed light on our current mental health crisis and provide hope for both those who are struggling and those who you love.

This will be a 4-night seminar and the titles are as follows.

**Thursday** - *Beyond the Asylum*

(Covering the history of mental illness and treatments.)

**Friday –** *The Prowling Lion*

(Covering Anxiety, Depression and Trauma and the impacts they have on the mind.)

**Saturday** – *Not Your Grandpa’s Electroshock Therapy* – (Current Treatments)

**Sunday** – *Binding Up the Broken-Hearted*

(Hope for the hurting)

Coming April 11-14 @ 7:00pm

*At the Roseburg Better Life Seventh-day Adventist Church*

1109 NW Garden Valley Blvd, Roseburg OR 97471

Ph: 541-672-1542