



# Save the Date!

September 25 – 27, 2019

Pre-conference workshops September 24th

Valley River Inn | Eugene, Oregon

## Conference Goals:

- Increase understanding about mental wellness across the lifespan and the connection to our overall health
- Research to practice:
  - Apply the science supporting effective strategies
  - Learn new tools and enhance current approaches
- Re-energize, reflect and connect

## Who Should Attend?

Anyone working to increase the health & well-being of their community, including:

- Physical health care and public health providers
- Behavioral health treatment and prevention providers
- Educators
- Legal and law enforcement professionals
- Social service providers
- Community navigators and advocates
- Caregivers

## Stay tuned for more details coming later this Fall!

- For more information, visit our website at [www.mindyourmindconference.org](http://www.mindyourmindconference.org)
- Questions?  
Contact Sandy Moses at [coordinator@mindyourmindconference.org](mailto:coordinator@mindyourmindconference.org)



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