



Save the Date!

mind your mind: advancing mental wellness

November 2-3, 2016 | Valley River Inn | Eugene, OR

Sponsored by Lane County, Trillium Community Health Plan & the Oregon Health Authority

Conference Goals:

- Increase understanding about mental wellness: the connection to our overall health
- Research to practice:
 - Apply the science behind what we know is effective
 - Learn new strategies and tools
 - 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

Stay tuned for more details coming soon!

For more information, visit our website at www.mindyourmindconference.org
Questions? Contact Sandy Moses, Lane County Public Health,
541-682-3650, Sandy.Moses@co.lane.or.us

