



Attention Club Presidents! We need your help.

Rotary Mental Health Initiatives is a District 5450 group dedicated to mental well-being. The Mission of RMHI is to build stronger communities through involvement and education in order to raise awareness, foster compassion and develop broad-based support for those affected by mental health and substance use disorders.

The key piece of the mission is to actively promote public educational programs in our communities to interested Rotarians. **Would you please share with your club members that a free Well-Being Expo is offered by Mental Health Center of Denver on May 24 from 3-8 pm? See the attached flyer with details about the program including a registration link.**

Further, we thank the Rotary Clubs of Denver, Boulder, Boulder Valley, Denver Cherry Creek and Denver Mile High for becoming supporters of RMHI. Being a supporter means your club supports the mission of RMHI and agrees to be listed on the RMHI website, [www.mentalhealthforyou.org](http://www.mentalhealthforyou.org). Being a supporter does not imply a financial commitment. **We ask that you consider becoming a RMHI supporter, as well, and provide a club member name as liaison between your club and RMHI.**

We look forward to hearing from you,

**RMHI Co-chairs:**

Bill Farrow, Rotary Club of Boulder Valley, [bfarrow@comcast.net](mailto:bfarrow@comcast.net)

Diane Messamore, Rotary Club of Denver Mile High, [cdmessamore@gmail.com](mailto:cdmessamore@gmail.com)

Seth Patterson, Rotary Club of Denver, [seth@pattersoncompanyllc.com](mailto:seth@pattersoncompanyllc.com)

# ENERGIZE YOUR LIFE

## A FREE Well-Being Expo



**Wednesday, May 24, 2017 • 3 - 8pm**

**2:30pm Check-in • 3pm Opening Session**

**4pm Breakout Sessions & Well-being Café • 7pm Community Reception**

***Come for a few sessions or stay  
for the entire expo!***

**Faith & Spirituality • Mind-Body Exercises  
Healthy Eating • Money Management  
Music, Art & Poetry • Stress Relief**



***Complimentary food provided  
throughout the event***

Infinity Park Event Center  
4400 E. Kentucky Ave., Glendale

**Register: [www.mhcd.org/well-being](http://www.mhcd.org/well-being)**

Interpretation, American Sign Language and CART services  
available upon request. Stipend for child care  
and transportation available.



**Thank you for your support:**

