

## Alternative Pathways to Mental Wellness Workshop

Learn about non-traditional pathways to wellness while exploring techniques that will enhance traditional treatment of mental health conditions.

**Free and Open to the Public**

**Friday, September 27<sup>th</sup>**

**12:00 pm – 6:00 pm**

### Breakout Sessions

**Artistic Expression**

**HeartMath**

**Physical Release Therapy**

**EMDR Treatment**

**Nutrition**

**Psychedelics**

**Faith**

**Meditation**

**Reiki/Tai Chi**

**Healing Sound**

**Physical Fitness**

**Yoga**

**The day will end with a drumming session on the roof of the  
Ariel Broadway Hotel.**

**To participate in the workshop or attend as a vendor, call the  
NAMI Office at 440.240.8477 to Register.**

**Ariel Broadway Hotel 301 Broadway, Lorain, OH. 44052**