

ANNUAL MEETING & COMPLIMENTARY DINNER

March 27, 2018, 6:00-8:30 pm

Development Services Building
5 County Complex Court, Room 202A & B, Woodbridge, VA 22192

Followed by two presentations:

YOGA: Benefits to Mental Health and Overall Wellbeing

Stephen Redmon, Ph.D

Stephen Redmon is completing his training at Kripalu Cener for Yoga & Health, RYT-500. He is a retired military Veteran who is trained in guiding trauma-sensitive yoga and meditation. Stephen completed Kripalu's Certificate in Positive Psychology Program with Dr. Tal Ben-Shahar and is near completion of certification in Dr. Richard Miller's iRest Yoga Nidra Program. www.NomderYoga.com.



Schizophrenia and Homelessness to Recovery

Bethany Yeiser

Bethany Yeiser is a motivational speaker and the author of *Mind Estranged: My Journey from Schizophrenia and Homelessness to Recovery*. She was a scholarship winner, researcher and violinist before she became severely mentally ill and homeless her senior year of college, 2003. Bethany established the CURESZ Foundation with Dr. Henry Nasrallah in July, 2016.



Reservations are required by calling NAMI Prince William at 703-659-9983.

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