



## ***Eight Dimensions of Wellness***

### ***National Wellness Week Kickoff***

**When:** September 19, 2011  
9:00 AM to 12:30 PM

**Where:** Tewksbury Hospital Events Room

**Sponsor:** DMH Northeast-Suburban Area

Wellness is more than the absence of illness. Wellness includes a healthy balance of body, mind, and spirit. It incorporates the financial, emotional, physical, occupational, intellectual, environmental and spiritual aspects of a person's life. Each aspect of wellness impacts overall quality of life, so it is important to consider all aspects of health as they relate to the quality and longevity of all our lives, regardless of our diagnoses or other life circumstances.

The workshop presenters include: **Lauren Spiro M.A.**, *Mental Health Communications Manager, SAMHSA- Education for Social Inclusion and Director of the National Coalition for Mental Health Recovery*, who will talk about the SAMHSA 10x10 Wellness Campaign and the Eight Dimensions of Wellness, **Oryx Cohen M.P.A.**, *Technical Assistance Center Director for the National Empowerment Center*, who will be talking about the National Wellness Works Initiative, and **Lisa Forestell**, *Interim Assistant Director for The Western Mass Recovery Learning Community* will talk about how the RLC utilizes a values-based philosophy to encourage self-determined involvement in one's own life promoting well-being, human connection and recovery in the community of your own choice.

Finally, **Elizabeth Frates, MD**, *Medical Director of the Harvard Institute of Lifestyle Medicine and a Wellness Coach*, will be discussing Wellness Synergy: Working toward a peaceful mind, a joyful heart and a healthy body.

***This workshop is open to State Employees, Provider Staff, Persons with Lived Experience, and other interested parties.*** Registration Information: DMH employees, please register through PACE. All others, please E-mail us with the number of people planning on attending, at [NEAStaffDev@dmh.state.ma.us](mailto:NEAStaffDev@dmh.state.ma.us)

If you are in need of special accommodations, please notify us as soon as possible.