

Sponsored by the
Mental Health Association
of Erie County, Inc.,
Compeer of Greater Buffalo
& University at Buffalo
Active Minds



Thursday, October 9th
Center for Tomorrow
University at Buffalo
North Campus
Registration: 6:00-6:30 p.m.
Program: 6:30-8:30 p.m.
Free & Open to Public

Transition:

The Connection Between Wellness and Academic Success

This workshop will feature Dave Romano, a member of the Active Minds Speakers Bureau. Dave lives with depression and has experienced the dark lows of self-injury and a suicide attempt during high school. Since getting the support and help he needed, Dave has been committed to letting others know that it isn't a weakness to ask for help. Dave empowers audiences to embrace who they are and support each other in eliminating the stigma attached to mental illness.

In addition, there will be a panel discussion, including several students from WNY, focusing on wellness strategies that can be used in college.

If you would like to attend, please RSVP :
Karl Shallowhorn
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716-886-1242

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