

NAMI GCC & DRISCOLL HEALTH PLAN PRESENT

HEARTS+MINDS CLASS

SATURDAY, JUNE 14
9 AM – 5 PM

By taking this class, you'll gain information and tools that can help you plan and achieve recovery goals and better overall health, like:

- How to advocate for your health
- How physical and mental health are specifically connected
- Gut health and how nutrition can affect the brain
- Effective methods for managing the side effects of medication
- Substance abuse and smoking cessation
- How to gain a greater sense of control over how you feel

People with serious mental illness have higher rates of serious health conditions:

40%

higher risk of
developing
cardiovascular and
metabolic diseases
than general public

2x

rates of obesity for
people with serious
mental illness are
nearly double the
general population

**10-20
years**

People with
cardiovascular disease
and serious mental
illness have a shorter
life span



Register now at
361-510-6939 or
info@namigcc.org

ABOUT THE CLASS:

NAMI Hearts+Minds is a wellness program designed to educate and empower you to better manage your health – mentally and physically.



www.namigcc.org

At the NAMI Office at 3833 S. Staples St.,
Suite N-115, 78411. Breakfast, lunch and snacks provided.