

NAMI Hearts+Minds is a free, 5-session wellness program designed to educate and empower individuals to better manage their health mentally and physically.

The course provides current research and information on how mental and physical health are connected, with a focus on how to effectively address symptoms and conditions. Participants gain information on managing medications, chronic pain, and improving sleep. Additional health topics and areas of interest are discussed along with ways to improve health and wellness with tools, strategies, and simple steps that make sense and are not overwhelming.

NAMI offers the NAMI Hearts+Minds Education Program free of charge to participants, beginning **Fall/Spring**. For more information and how to register, please contact **NAMI Kern County** at **661-858-3255** or **namikern@yahoo.com**.



What You Will Learn

- *How to advocate for your health*
- *How physical and mental health are connected.*
- *How Nutrition affects the brain*
- *Effective methods for managing effects of medication*
- *Current information on the interplay of diet and fitness*
- *How to gain a better sense of control over how you feel.*

Contact us to register for a NAMI Hearts+Minds!



NAMI Kern County
P.O. Box 9144
Bakersfield, CA 93389
661-858-3255
namikern@yahoo.com

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. **NAMI Kern County** is an affiliate of **NAMI California**. **NAMI Kern County** and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.