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## RECOVERY & EMPOWERMENT STATEWIDE CALL

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Please plan to join on October 26, 2017 for our next Recovery & Empowerment Statewide Call for 2017! Our theme this year is "**Finding What Works for Your Wellness!**" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Nurture Your Physical Self!"

Individuals are welcome to dial in from a personal phone or from home. However, if dialing in from an agency or other organization, to help reduce the cost, please gather and dial-in together. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

### ABOUT THIS MONTH'S CALL:

- DATE: October 26, 2017
- TIME: 10:00am - 11:30am [Note: Please dial in no earlier than 9:45am, per audio-conferencing regulations]
- TOPIC: You Can Conquer the Challenge of Change!
- OBJECTIVES: Participants will learn about: Eating healthy on a limited income; Fitness and weight loss; Why do we get physical symptoms when we have mental health symptoms?; Improving Physical Health; Meditation; and Creative coping tools for physical wellness.
- DIAL-IN NUMBER: 1-800-553-0273
- ACCESS CODE: **(None Required)**
- MEETING TITLE: Recovery & Empowerment Statewide Call
- SPEAKERS: Pat Hayes, Jane Lindsey, Carol West & Julie Tull

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

**HANDOUTS:**

The following materials for the 10/26/17 Call are attached:

- Nurture Your Physical Self!  
(PowerPoint slides in pdf document - 6 slides to a page)
- Handout: Planning with Principles chart
- Evaluation Form
- Sign-In Sheet
- CEU Information

**ABOUT RECOVERY & EMPOWERMENT CALLS:**

Note: These calls have been held monthly since 2007, and were formerly known as “consumer education and support statewide call-ins.”

For all persons living with mental health conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health services in Illinois.

**ABOUT STAFF PARTICIPATION:**

Staff are welcome to listen in as well. However, the primary purpose of the call is to ensure that individuals participating in services have an opportunity to receive information, ask questions, and provide input.

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