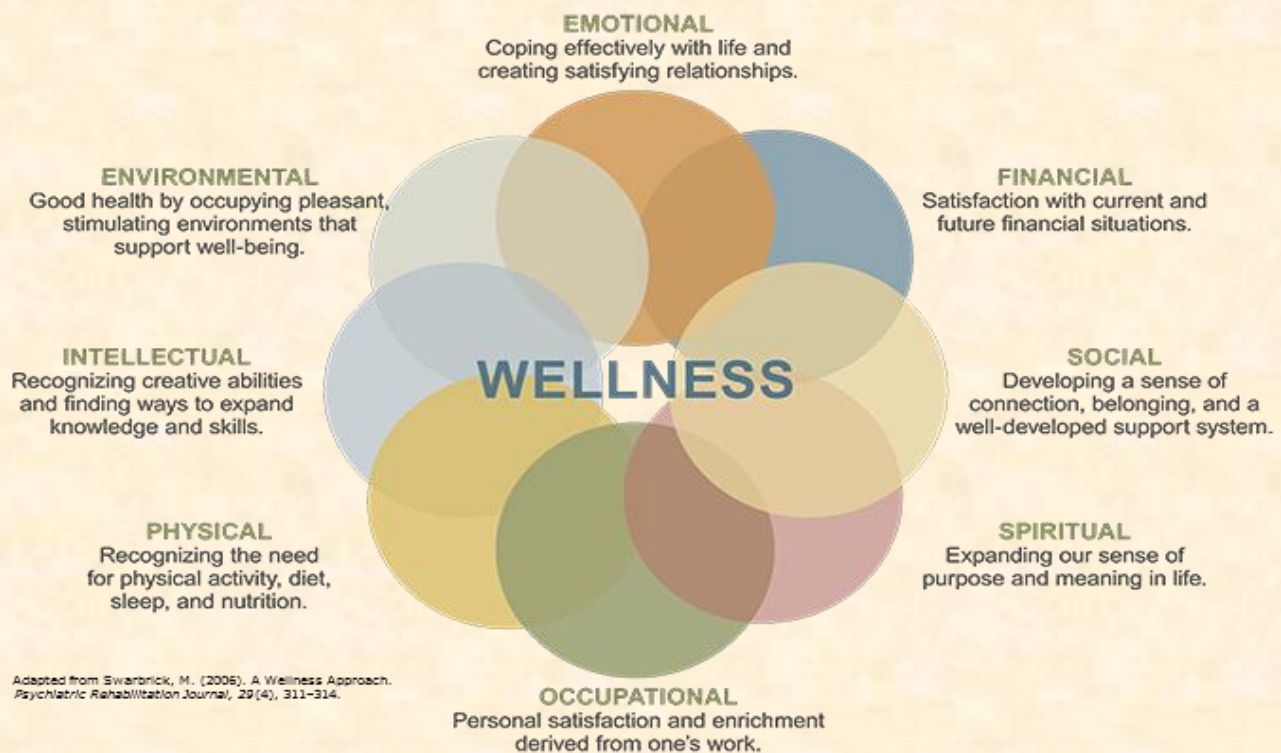


21st Annual FAMILY & FRIENDS DAY

You are cordially invited to the **Annual Family & Friends Day** at Southwestern Virginia Mental Health Institute. The event will be held on **Thursday, September 19 from 10:00 a.m. to 2:00 p.m.** in the Auditorium at SWVMHI. Registration will begin at 9:30 a.m. in the lobby of the Bagley Building. This year's theme is *Pathways to Wellness*.

The event focuses on the different aspects of *Wellness*, and for Family Day, the spotlight will be on *Physical Wellness*. You will be able to see many different parts of the facility, including our new Sensory Garden. Tai Chi demonstrations and classes will take place, as well as a basic health screening. The individuals at the facility will be assisting in presentations at the event and will also be displaying their crafts and artwork. A box lunch will be served.



If you plan on attending, please RSVP to Connie Adams @ 276.783.0822 or by email at connie.adams@dbhds.virginia.gov no later than **September 6**. Also, if you would like to meet with the treatment team during your visit, please include that in your RSVP.