

Thursday, December 15, 2016
Hyatt Regency DTC

ROTARY CLUB OF DENVER SOUTHEAST
AND DISTRICT 5450 PRESENT:



10th State of the State Luncheon Expo & Mental Well-Being Symposium

Rotary is supporting a Mental Health vision for our members, our community **and our nation**. In accordance, this year's 10th State of the State Luncheon will include a presentation by Dr. Geetha Jayaram whose lifetime work has been to improve mental health in our country. The annual state of the state address will be presented by Lieutenant Governor Donna Lynne.

Preceding the luncheon, there will be a Mental Well-Being Symposium and Expo:

Mental Well-Being Symposium: 9-11:20am

Mental Health & Wellness Expo: 11am – 11:55am

Lunch Registration: 11am-11:55am

Lunch Program: 12pm – 1:30pm

Mental Well-Being Symposium

Breakout Sessions

- **9:00 to 10:00 (choose one when registering)**
 - **Building Better Relationships----parents, peers, and friends----“the art of peace”.**
 - **Rotarians and Mental Health Organizations Working Together: A dialogue between Rotarians and Expo participants.... Best practices.**

- **10:00 to 10:20 Break: Coffee and Water provided by Mile High Behavioral Healthcare**
- **10:20 to 11:20 (choose one when registering)**
 - **Rotarian's Well-being: Balancing work, family and community... Is Rotary an Rx for Good Mental Health?**
 - **Helping Others in a Mental Health Crisis: Three experts on trauma, suicide and Crisis Services.**

The Symposium is free and open to the public. You do not have to register for the luncheon to attend. Register at:
<https://www.eventbrite.com/e/rotary-district-5450-mental-well-being-symposium-tickets-28713730541>

To attend the luncheon, register at:
<http://portal.clubrunner.ca/2193/Event/2016-state-of-the-state-luncheon>