

NAMI High Country Colorado  
For more information:

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## LEADVILLE Education Night

Holistic medicine is interested in treating the whole system. Holistic is characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease. Health care can be significantly helpful to mentally ill clients and their disease. Mental well-being can be improved and enhanced by an array of natural, holistic modalities that range from acupuncture to art therapy. The holistic model supports the idea that body chemistry, spirituality, diet, nutrition, and other factors can impact the brain in diverse ways. Join us to learn more about alternative healing.

**Monday, September 30, 2019, at 6:30 pm**  
**AMAX Room, Lake County Public Library**  
**1115 Harrison Avenue, Leadville, CO. 80461**



Karen M. Lacy, founder and leading wellness practitioner, began her journey in holistic healing nearly 20 years ago. Karen overcame personal battles and illness using holistic healing and became a certified administrator of several different wellness services now offered at her center. She is dedicated to helping people from all walks of life attain the well-being and happiness they deserve.

**Contact us to find out more about NAMI Support Groups! Programs! Training!**

### About NAMI High Country

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 High Country Colorado is a local affiliate of NAMI Colorado. NAMI High Country Colorado's dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support for families and individuals in our community living with mental illness. Sheila Brockmeir 303.917.9131

### Participant Perspectives

*"NAMI Connection is the promise of what is and what can be in our lives."*

