

**Contact:**

Rex Kennemer, CAHM

[CAHealthyMinds@gmail.com](mailto:CAHealthyMinds@gmail.com)

858-395-3265 (mobile)

PRESS RELEASE:

**February 27 Forum for Healthy Minds focuses on Wellness...Mind, Body and Soul**

**Poway**—Everything changed for Rex & Connie Kennemer when they lost their son, Todd, age 25, to mental illness and suicide in November, 2005. Since that time, they have turned their grief into advocacy by founding the Community Alliance for Healthy Minds (CAHM), which sponsors various forums and benefits utilizing music, arts, and education.

On Saturday, February 27, CAHM will present the Forum for Healthy Minds at Abraxas High School in Poway. The theme of the forum is “Wellness...Mind, Body and Soul” and the keynote speakers will be Carol LeBeau and Dr. Nick Yphantides. Carol is a former anchor for Channel 10 News and an advocate for mental health. She experienced suicide in her family when her mother took her own life and also has battled depression and anxiety herself. Carol has made it her mission to educate community members on mental health issues. Who should attend? Community members, consumers, caregivers, seniors, students, social workers, psychologists, psychiatrists, faith community leaders, marriage and family therapists, and anyone interested in the emotional wellbeing of his or her community.

Dr. Nick Yphantides is an Escondido physician and co-author of the book *My Big Fat Greek Diet*. The book chronicles his 37,000 mile journey across the United States and how he lost 270 pounds doing so. Nick is now a motivational speaker and encourages people in their own personal health and fitness. “Dr. Nick” is currently Chief Medical Consultant of San Diego County’s Health and Human Services.

The resource fair will begin at 8:30 am and the keynote speakers will take the stage at 9:00 am. Throughout the rest of the day there will also be outstanding breakout sessions by experts in nutrition, art and writing therapy, suicide prevention and survivor support, and the journey with grief. The National Alliance on Mental Illness (NAMI San Diego) is partnering with CAHM and presenting their powerful and dynamic “In Our Own Voice” presentation which features people with mental illness sharing their experiences with recovery. A silent auction and raffle prizes will be offered as well as a music, dance and drama. The forum ends at 3:00 pm. Abraxas High School, where the forum will be held, is located at 12450 Glen Oak Road in Poway, two blocks south of Camino del Norte on Pomerado Road.

The forum and lunch are open to the public and free with pre-registration. However a \$20 donation, or donation of any size, is greatly appreciated. You can sign up by e-mail at [CAHM@san.rr.com](mailto:CAHM@san.rr.com) or by voice-mail at 858-395-3950. You will receive a confirmation response. More details on the Forum are available at: [www.cahealthyminds.com](http://www.cahealthyminds.com).

CAHM Forum donations may be made online through: Yellow Ribbon Suicide Prevention Program®, San Diego Chapter, [www.yellowribbonsd.org](http://www.yellowribbonsd.org)

For Event sponsorship opportunities, please contact: Rex Kennemer, CAHM founder 858-395-3265 (mobile).

NAMI (National Alliance on Mental Illness) is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. For more information, contact NAMI San Diego at (800) 523-5933. Or visit [www.namisandiego.org](http://www.namisandiego.org)

###