



National Alliance on Mental Illness

**nami**

**San Diego**

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**FOR IMMEDIATE RELEASE:**

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**Free mental health meeting on Sept. 1 features author and  
NAMI-award winner Maggie Reese**

SAN DIEGO—On Thursday, September 1, 2011, the National Alliance on Mental Illness (NAMI San Diego) will be holding a free monthly Education and Advocacy meeting featuring local author and NAMI's Young Advocate of the Year Award-Winner, Maggie Reese.

Maggie's bipolar disorder reared its head when she was a young, celebrated, star athlete. The world was hers. She dreamed of being in a NIKE commercial and of winning a gold medal in the Olympics. Bipolar disorder changed her life, her pathway and her dreams. Bipolar taxed both her and her family, drained them physically, emotionally, medically and financially, yet she...and they, pushed ahead together. She is now married with a lovely young daughter, a supportive husband and a family and friends that care for her.

Maggie wrote the book *Runaway Mind* with the intention of helping others with bipolar disorder and to give their families and friends the hope that a person with bipolar disorder can lead a normal, productive life. By having faith, going to the doctor, taking medicine, and surrounding herself with supportive people, Maggie found that recovery is possible.

Maggie's dedication to helping others has led her to many speaking opportunities around San Diego as well as a position on the Executive Board of the International Bipolar Foundation. Maggie has also been selected to receive NAMI San Diego's Young Advocate of the Year award at their upcoming Inspiration Awards dinner on October 7, 2011.

The 8<sup>th</sup> annual Inspiration Awards dinner will be held at the Catamaran Resort and also features Father Joe Carroll as the keynote speaker and Inspirational Person of the Year award winner.

NAMI San Diego is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. They hold monthly Education and Advocacy meetings at no charge to the public that feature expert speakers on timely topics.

The meeting on September 1 starts at 6:30 pm and will be held at the University Christian Church Friendship Hall at 3900 Cleveland Ave in San Diego (across from the Post Office). Prior to the main program at 7 pm, there will be an ask the doctor discussion group. Here you can ask the questions you've wanted to ask a psychiatrist and learn from other members of the group as well.

Mark your calendar and if you need more information on the meeting or the upcoming awards dinner, contact NAMI San Diego at (800) 523-5933. Or visit [www.namisandiego.org](http://www.namisandiego.org)

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