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## RECOVERY & EMPOWERMENT STATEWIDE CALL

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Please plan to join on October 22, 2020 for our next Recovery & Empowerment Statewide Call for 2020! Our theme this year is "2020 Vision for Ourselves!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Seeking a Healthy Lifestyle!"

While we recognize that agencies may not be joining people in a group for this call, please note that you don't have to be in a group to participate. Individuals are welcome to dial in from a personal phone or from home. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

### ABOUT THIS MONTH'S CALL:

DATE: October 22, 2020

TIME: 10:00am - 11:00am

TOPIC: Seeking a Healthy Lifestyle

OBJECTIVES: Participants will learn: How our physical wellness impacts our emotional wellness; how eating healthy sparks brain power; how to approach our healthy lifestyle in a consistent manner

DIAL-IN NUMBER: 1-844-867-6167

ACCESS CODE: 4360050

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Cindy Mayhew, Kelly Ellis, Chris Keck, and John Holley

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

#### HANDOUTS:

The following materials for the 10/22/20 call are attached:

- Seeking a Healthy Lifestyle (PowerPoint slides in pdf document)
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- October 22 Flyer

#### ABOUT RECOVERY & EMPOWERMENT CALLS:

Note: These calls have been held monthly since 2007, and were formerly known as "consumer education and support statewide call-ins."

For all persons living with mental health conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health services in Illinois.

#### ABOUT STAFF PARTICIPATION:

Staff are welcome to listen in as well. However, the primary purpose of the call is to ensure that individuals participating in services have an opportunity to receive information, ask questions, and provide input.

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