☆PLEASE DISTRIBUTE☆

2005 NAMI Southwestern Pennsylvania Regional Conference
Call for personal accounts of "Recipes for Recovery"

NAMI Southwestern Pennsylvania would like to acknowledge individuals living with mental illness, who have made significant strides towards their own personal journey to recovery. At our Regional Conference on April 30, 2005, we will acknowledge individuals by printing their personal accounts of what recovery means to them within our luncheon program booklet.

You are invited to submit your personal "recipe for recovery" by completing this form. Please note that the submissions must be 175 words or less. **Please remember that space is limited within the luncheon program booklet, and we cannot print all of the stories we receive; so we encouraged you to submit your account as soon as possible.**

☆Personal Recipe for Recovery — What Recovery Means to Me ☆

Please describe your personal account of your "recipe for recovery" in 175 words or less. (Use extra sheet of paper if you prefer.)

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Should your "Personal Recipe" be chosen for publication in the luncheon booklet, may we also publish your name? ❑ Yes, you may publish my name ❑ No, please do not publish my name.

Name :_____

Address:_____

Telephone:_____ Email: _____

To submit your personal recipe for recovery, please complete this form and mail or fax by March 18, 2005 to:

NAMI Southwestern Pennsylvania
105 Braunlich Drive
McKnight Plaza, Suite 200
Pittsburgh, PA 15237-3351
FAX (412) 366-3935 Phone (412) 366-3788