

# *Save the Date*

*for the*

*North Sound Mental Health Administration's*

***FREE***

## *2008 Recovery Conference*

*Including a Solo Show of "Crazy for Life" and Workshop "Wilderness Tips for the Comeback Trail: Surviving to Thriving After Mental Illness"*

*Featuring Renowned Mental Health Educator,  
Consultant, Actor and Writer*

*Victoria Maxwell*

*October 14, 2008, 8:30 - 4:30*

*in McIntyre Hall*

*at*

*Skagit Valley College,  
Mount Vernon Campus*