

# PATHWAYS TO WELLNESS

ANNUAL CONFERENCE CELEBRATING MENTAL HEALTH RECOVERY



THEME :

SPARKING **HOPE**  
IGNITING RESILIENCE

📅 Friday, May 17, 2024

🕒 9:00 AM - 2:00 PM

📍 **Richard J. Ernst**  
**Community Cultural Center**  
8333 Little River Turnpike  
Annandale, VA 22003

**REGISTER TODAY**

[PathwaysToWellnessConf.com](https://PathwaysToWellnessConf.com)



Conference planned and presented by the  
**Wellness and Recovery Committee**

Fairfax-Falls Church Community Services Board  
HopeLink Behavioral Health  
NAMI Northern Virginia  
Recovery Program Solutions of Virginia  
ServiceSource

**PLUS**

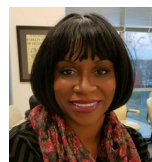
Exhibitor Fair  
Free Massages by Healwell  
Service Dogs to Pet by Canine Companions  
Free Caricature Drawings by Capital Artworks



**Michele Capots**

KEYNOTE SPEAKER

Coach, international speaker,  
and storyteller on mental  
wellness and resilience



**Marja Lee Freeman**

EMCEE

International speaker, trainer,  
author, and Peer Recovery  
Specialist empowering others  
to find their destiny

## MORNING WORKSHOPS

Build Your Resilience with Improv - Danny Rouhier  
Ignite Positivity with Dance - Wanda Thorpe  
Roads to Resilience - Anisa Mustafa

## AFTERNOON WORKSHOPS

Self-Care: Practices to Explore Every Day - Beth Cline  
Tales of the Hunt: Courage as a Catalyst for Hope and  
Resilience - Samantha Simons  
Yoga and Meditation for Mental Health - Wendy Bundy

## CONFERENCE SPONSORED BY



FAIRFAX - FALLS CHURCH

**Community  
Services Board**



Note: Northern Virginia Community College does not sponsor or endorse this event.