



The Orthomolecular Approach to Mental Health

With Talya Rotem, MA, CNP
International Schizophrenia Foundation

Wednesday, February 11, 2009

**This presentation will be offered at *two times*, in *two different locations*.
*Pick the time and location that is most convenient for you.***

**Location 1: CMHA, London-Middlesex: 10:00 am – 11:00 am
648 Huron St., London, ON**

**Location 2: Central Public Library: 1:00 pm – 2:00 pm
251 Dundas St., London, ON**

This presentation offers a basic introduction to Orthomolecular Medicine, an approach that uses diet and supplementation to address nutritional deficiencies that may cause mental illness such as schizophrenia, anxiety and depression.

***Is there a way to help people who are already taking medication?
What can be done to help lessen the side effects of medication?
How effective can nutrients be in regaining mental health?***

Reservations are not necessary, but are recommended.

To reserve your place at this presentation, please contact Trix VanEgmond at 519-434-9191, x. 226
or tvanegmond@london.cmha.ca

This free information session is being facilitated by the *Mental Health Education and Promotion Dept.* of the London Middlesex Branch of the *Canadian Mental Health Association* in partnership with the London Public Library. This does not imply endorsement. We believe individuals, together with their health care providers, make the best choices for ongoing physical and mental health. This session is designed to provide information about choices which may be lesser known to us in our community. The opinions expressed are those of the presenter and their sponsoring organization, the International Schizophrenia Foundation.