

The 20th Annual Pathways to Wellness Conference

“Still Thriving, Still Striving, Through it All”

A celebration of **MENTAL HEALTH RECOVERY** in uncertain times

Get more info and register for free at PathwaysToWellnessConf.com

KEYNOTE SPEAKERS



**Recovery:
An On-Growing Experience**
An approach to gratitude and life that keeps Brien Stewart on the path of recovery, through it all.
Presented by **Brien Stewart**
Peer Recovery Specialist, Fairfax-Falls Church Community Services Board



**The Roads We've Traveled,
The Miles Yet to Go**
From then to now, review progress in recovery and challenges yet to be solved.
Presented by **Mary McQuown**
Peer Recovery Specialist Liaison
Virginia Department of Behavioral Health and Developmental Services

STORYTELLERS



**The Strong Survive,
The Resilient Thrive!**
A personal story of five keys to flourishing and finding fulfillment in rough seasons.
A Story Told by **Leslie Ann Wertz**
Founder, The Victory PRS



Into the Future
How we can dream of a beautiful future and stay mindfully present in the brightness of the now.
A Story Told by **Michael T. Lane**
Director, Office of Individual and Family Affairs for the Fairfax-Falls Church Community Services Board

WORKSHOPS



**Celebrate Yourself
through Dance Movement**
Uplifting Focus on Self-Belief
by **Martha Krabill Magny**
Adaptive Dance and Movement Instructor



**Supportive Yoga and
Mindfulness For All**
Accessible and Trauma-Informed
by **Kara Simon, E-RYT 200**
Owner, Loving Heart Holistic Wellness



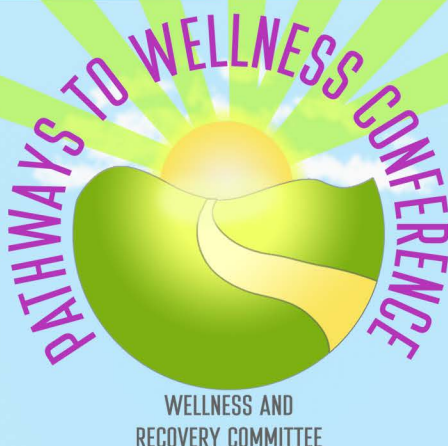
**Making Friends Online
During COVID**
A Fun and Practical Approach
by **Monika Taylor**
Director of Outreach and Development, RPSV



**Striving & Thriving Begins
with Your Thinking!**
New Visions to Inspire You
by **Marja Lee Freeman, PRS**
The Employment Lady
Laurie Mitchell Empowerment & Career Center



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**October 7, 2021
10 am to 12:30 pm**

Conference will be held on ZOOM.