

ATTEND A RECOVERY MONTH EVENT NEAR YOU

By: Claudia Stone

Read more: Mental health is part of overall wellness – a balance of physical, social, intellectual, spiritual and financial health.

The achievements in integrated health care for individuals with mental illness will be highlighted September 12 during the Journey to Wellness: Integrated Health Programs in Central Arizona Expo. The expo, one of the National Recovery Month events scheduled in September, will feature exhibits, demonstrations and the opportunity to talk to health coaches, peer support specialists and others.

The event will also provide an opportunity to hear stories of recovery, including the story of Miss Arizona International Kayla Downs.

The expo is 4-7 p.m. in the Copper Room at GateWay Community College, 108 N. 40th St., Phoenix.

For more information, e-mail MagellanofAZ@MagellanHealth.com.

For more events throughout the State during Recovery Month [click here](#).