

## The First of the 2014 NAMI/Friends of the Library Lecture Series

**Gabe Howard**



### Living With and in Spite of Bipolar Disorder

After battling bipolar disorder for years, Gabe Howard has made it his mission in life to educate and fight stigma regarding mental illness. A NAMI activist, he eventually served as a member of the NAMI Ohio Board of Trustees. Frequently featured in various venues ranging from the printed media to radio and TV to government and corporate videos, he is currently the CEO of Speak Our Mind, a non-profit which trains speakers on the topic of mental illness. His NAMI Athens "Conversations from Studio B" segment can be heard by going to <http://namiathensohio.org/woub-archives-bipolar.html>.

1.5 CEUs for Social Workers  
Credit, also, for Athens Public School  
Teachers

Place: Athens County Library  
30 Home Street  
Date: Thursday, March 27  
Time: 6:30 p.m.