



“Becoming an Olympic athlete taught me dreams really do come true. Recovering from bipolar disorder has reinforced the whole idea of never giving up on that dream.”

## Former Olympian Amy Gamble shares the inspiring story of her journey with bipolar disorder.

Bipolar Disorder – formerly called Manic Depression – affects between 2 percent and 4 percent of the U.S. population. Featuring mood fluctuations from periods of deep depression and normality to wild mania (disconnected and very fast (racing) thoughts, grandiose beliefs, inappropriate elation or euphoria, wild spending sprees), it disrupts and frequently destroys the victim’s life. Yet, in spite of her disorder, Ms. Gamble has gone on to earn two college degrees and has 18 years of experience working for Fortune 500 companies. She is the executive director of NAMI, Wheeling, West Virginia, and the author of *Bipolar Disorder – My biggest Competitor: An Olympian’s Journey with Mental Illness*.

For a preview, listen to her NAMI interview at [namiathensohio.org](http://namiathensohio.org).



**Thursday, April 26, 2018  
6:30 to 8 p.m. at the Athens Public Library**

Nurses can submit social work certificates to the nursing board for full credit.

.15 CEUs available for Athens Public Schools teachers  
1.5 CEUs available for social workers and counselors