



“I don’t sleep for months and feel extreme elation. I could drive away and disappear for days and spend like there’s no tomorrow.”

Singer, author, actress, wife, and mother, Yvonne Crist shares the inspiring story of her journey with the most serious form of 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. After years of trying myriad of medications, and with the love and understanding of her husband, Crist has managed to keep her symptoms under control in order to live a normal life.

For a preview, listen to her NAMI interview at namiathensohio.org.



Thursday, August 30, 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