



AUGUST 25TH RECOVERY TO DISCOVERY

BIP OLAR NO LONGER

My Life Experiences of Struggling for many years with my Bipolar/Depression-Discovery. To Recovery, to Finally, my Triumphs/Successes of STAYING Mentally Well by using my own Wellness Tools, and Especially using HUMOR to go from-Recovery to Discovery!

Time: 11:30am – 1:00pm | Meeting Link: meetny.webex.com

Join by phone: 518-549-0500

40 YEARS OF
SUFFERING AND
SUFFERING IN
SILENCE

REAL LIFE
EXPERIENCES FROM
MY MENTAL HEALTH
CHALLENGES

MENTAL WELLNESS
THROUGH HUMOR

A JOURNEY FROM
RECOVERY TO
DISCOVERY

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MICHAEL'S [YOUTUBE](#)
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INSPIRATIONAL
COMEDY

Michael Weitzman

Educational, Inspirational,
Humorous, and Motivational
Speaker

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