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FOR IMMEDIATE RELEASE:

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Join NAMI San Diego for evening of food, fun and information on Dec 4

SAN DIEGO—This month's Education and Advocacy meeting for the National Alliance on Mental Illness (NAMI San Diego) on December 4 will be a special evening of food, entertainment and information.

The meeting will be a potluck and everyone is encouraged to bring a dish to share. It will start out with live entertainment by Kinsa Bernbeck. Kinsa has been singing most of her life and recently started doing so for local retirement homes. She enjoys singing songs from the 40's and 50's and will be regaling the audience with a few of her favorites, including Diamonds are a Girl's Best Friend, If I Give my Heart to You, Fly me to the Moon, Big Spender, Sentimental Journey, Isn't it Romantic, Whatever Lola Wants, Everybody Loves a Lover, Fever, and For Once in my Life.

Following Kinsa will be Karen Henry from the NAMI California Board of Directors. Karen is the president of the board and will be speaking on the state of affairs of NAMI California and issues that may affect us locally.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. They hold Education and Advocacy meetings the first Thursday of every month at no charge to the public. These feature expert speakers on timely topics. The meeting on December 4 starts at 6:00 pm and will be held at the University Christian Church Friendship Hall at 3900 Cleveland Ave in San Diego (across from the Post Office).

Please don't miss this fun and informative evening. Mark your calendar and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit www.namisandiego.org

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