

*First Wednesday MindFreedom Roundtable – FREE.*

WHEN: Wednesday, 2 December 2009 • Time: 5:30 pm to 7 pm

WHO: Speaker BEN LUSKIN

TOPIC: Ben's Story: Using  
Martial Arts to Win Mental and  
Emotional Well Being!



Ben Luskin experienced a severe Traumatic Brain Injury in a car accident at the age of 12.

Now 27, Ben has designed a holistic conditioning program based on his own path of recovery and Indonesian martial arts. He also offers a variety of rehabilitation services for individuals living with mental disability and trauma recovery. (For more info on Ben's work see: [www.launchmentor.com](http://www.launchmentor.com).)

Following Ben's brief presentation there will be open discussion with YOU moderated by David Oaks, MFI director. All are welcome, especially mental health consumers and psychiatric survivors.

All are invited – free! Free snacks and beverages.

WHERE: 454 Willamette, second floor, Eugene, Oregon, USA

The Round Table at the historic Growers Market Building.  
(For wheelchair accessibility please phone ahead.)

Sponsored by MindFreedom International. [www.mindfreedom.org/lane](http://www.mindfreedom.org/lane)  
More info: 541-345-9106. Or e-mail: [lane@mindfreedom.org](mailto:lane@mindfreedom.org).

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