



**Turning Point Foundation**  
together with  
**Janssen Pharmaceuticals**  
present



**Lizzie Simon**  
**Nationally Recognized Speaker and**  
**Author of DETOUR:**  
**My Bipolar Road Trip in 4-D**

Special Thanks to our  
Annual Business Sponsors



**3rd Annual Community Building Breakfast**  
**Wednesday, May 5th, 2010**

**Doors Open 7:00 am Breakfast: 7:30-9:00 am**

Out of respect for your schedule, we pledge to start and end on time

**Crowne Plaza Ventura Beach 450 E. Harbor Blvd. Ventura**



**Bill & Elise Kearney**



By all appearances, Lizzie Simon was perfect. She had an Ivy League education, lots of friends, a loving family, and a dazzling career as a theater producer by the age of twenty-three. But that wasn't enough: Lizzie still felt alone in the world, and largely misunderstood. Having been diagnosed with bipolar disorder as a teenager, she longed to meet others like herself; she wanted to hear the experiences of those who managed to move past their manic depression and lead normal lives. So Lizzie hits the road, hoping to find "a herd of her own." Along the way she finds romance and madness, survivors and sufferers, and, somewhere between the lanes, herself.

Lizzie has been widely praised by mental health groups throughout the country. Here is just one example:

"Lizzie Simon has all the qualities of a favorite niece: she's young, talented, warm and vibrant. She also has bipolar disorder and she brings her pain and perceptions to life in a riveting, interactive program that speaks with equal eloquence to her peer group, community leaders, educators and health professionals. With most bipolar diagnosis made among young people in their teens and twenties, Lizzie Simon is a voice that must be heard."

*Mary Lou Lowry, President,  
National Alliance on Mental Illness (NAMI)*

If you have not yet been contacted by a table host, please call Jane Lax at Turning Point Foundation 805-652-0000 ext. 102 to make your reservation.

Advance reservations are required, as seating is limited.

*The breakfast is a fundraising event and although it is hosted, guests will be presented with an appeal for donations at the end of the program. Of course, donations are not mandatory but will be very much appreciated.*