



THE EXODUS

**Monday, October 30
11 a.m. to 1 p.m.
in the Daybreak area
at Dubbs Memorial
Community Center
457 W. Allen St.
Allentown**



**A Mental Health Awareness Day Event
Presented by the Interfaith in Action Committee
of the Lehigh Conference of Churches & Daybreak**

This gathering will include a guided meditation and discussion on issues of recovery from mental illness and addiction as a spiritual journey, led by Tom Walker, MA, and Joseph Arnoldin, MATS. This is an opportunity for interfaith leaders to gather and engage in spiritual reflection and dialogue with individuals who have firsthand experience with mental health and addiction treatment services. The discussion will be followed by lunch.

**Please confirm your attendance by emailing
lpickens@lehighchurches.org.**