

# **An Evening with Bill Finger, Author of *The Crane Flight: Taking Flight in Midlife***

May 31, 7:00-8:00 in The Manheimer Room

**Free Admission**

Bill Finger, a Raleigh resident with strong Asheville ties, recounts how he drew on the energies of the men's movement, understanding his family history, the power of the expressive arts, the quiet force of meditation, along with antidepressants and therapy, to discover his way of living with depression.

He'll focus on the period from 1988 when he lost his job through 1999 when he went to social work school. Bookend chapters are set in India, in 1969 in the Peace Corps and in 2003 returning to his India family.

Please join Bill for an illuminating glimpse of one's man's journey to mental wellness.

