



# 2025 Mental Health Expo

## Information about local services and support programs

**Thursday, May 22**

**10 a.m - 3 p.m.**

Eastern AHEC

2600 W. Arlington Blvd., Greenville

Join us for the 13th Annual Mental Health Expo. This year’s expo will feature more than 40 exhibitors from service organizations who will be available to answer questions and provide information about local mental health and substance abuse resources. This free event is for individuals, family members, caregivers and providers. The Expo is free, fun and informative for the whole family. Register to win door prizes for gifts.



For more event information or to become an exhibitor, contact Lori Dail at **252-847-0899**. Learn more about our services at [ECUHealth.org/BehavioralHealth](https://www.ecuhealth.org/BehavioralHealth).

### Featured presentations

**10:30 – 11:15 a.m.**

***“Let the Sunshine In – How Nature Benefits Mental Health”***

Duania Roberts, LRT, CTRS & Amy Albritton, LRTA  
ECU Health Medical Center, Behavioral Health

Understanding the mental, physical and emotional benefits of spending time in nature.

**11:30 a.m. – 12:15 p.m.**

***“Don’t Let it Weigh on Your Mind! How to Approach a Healthy Lifestyle”***

Daniel J. Majarwitz, MD & Melody G. Santos, MD  
Department of Psychiatry and Behavioral Medicine  
Brody School of Medicine

Share simple diet and exercise tips, as well as medicine options, to help maintain a healthy life.

**12:30 – 1:15 p.m.**

***“Marijuana, THC and all the rest: What’s good, what’s bad and what we still don’t know”***

David H. Ryan, MD, FASAM, FACOG  
Clinical Assistant Professor, Addiction Medicine  
Department of Psychiatry and Behavioral Medicine  
Department of Obstetrics and Gynecology  
Brody School of Medicine

Discuss various forms, medical benefits, risks and trends of marijuana and THC.