

You're Invited to Attend

"Foundations of Physical & Mental Wellness"



Pavillon

Substance Use Disorder Treatment Center

Presented by

Henderson County
Habitat for Humanity®

**Monday, October 16, 5pm
Dodd Meadows Community Center
28 Hofer Court, East Flat Rock, NC**

Join Dr. Nena Butterfield as she provides an overview of choices that people can make in their daily lives to improve physical health, which in turn sets the stage for optimal mental health. The presentation will address basic principles of nutrition, sleep hygiene and exercise which help build a foundation of physical health. Promoting physical health allows us to build on our mental health by improving communication, addressing emotion regulation and mediating or preventing unhealthy coping skills. The presentation will also review exercises and activities that are easy to integrate into daily living and improve mental health.



Dr. Nena Butterfield

**To Register
Contact Krysta Osweiler
at kosweiler@habitat-hvl.org
or (828) 694-0340 x109**

No cost to attend

Dr. Butterfield brings 15 years of behavioral health and research experience to Pavillon, where she is the Director of Resource Development and Community Relations. Her current topics of research interest and investment include examining patterns of cognition and intelligence in physicians suffering from addiction, the impact of adverse childhood events on addiction outcomes and co-occurring mental health disorders, and how information from clinical data surrounding these topics informs high quality care moving forward. Dr. Butterfield is dedicated to community outreach and enriching quality of life, especially for the underserved populations of Polk and the surrounding Western Carolina counties.