

# Living “Lived Experience”

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6-11-19

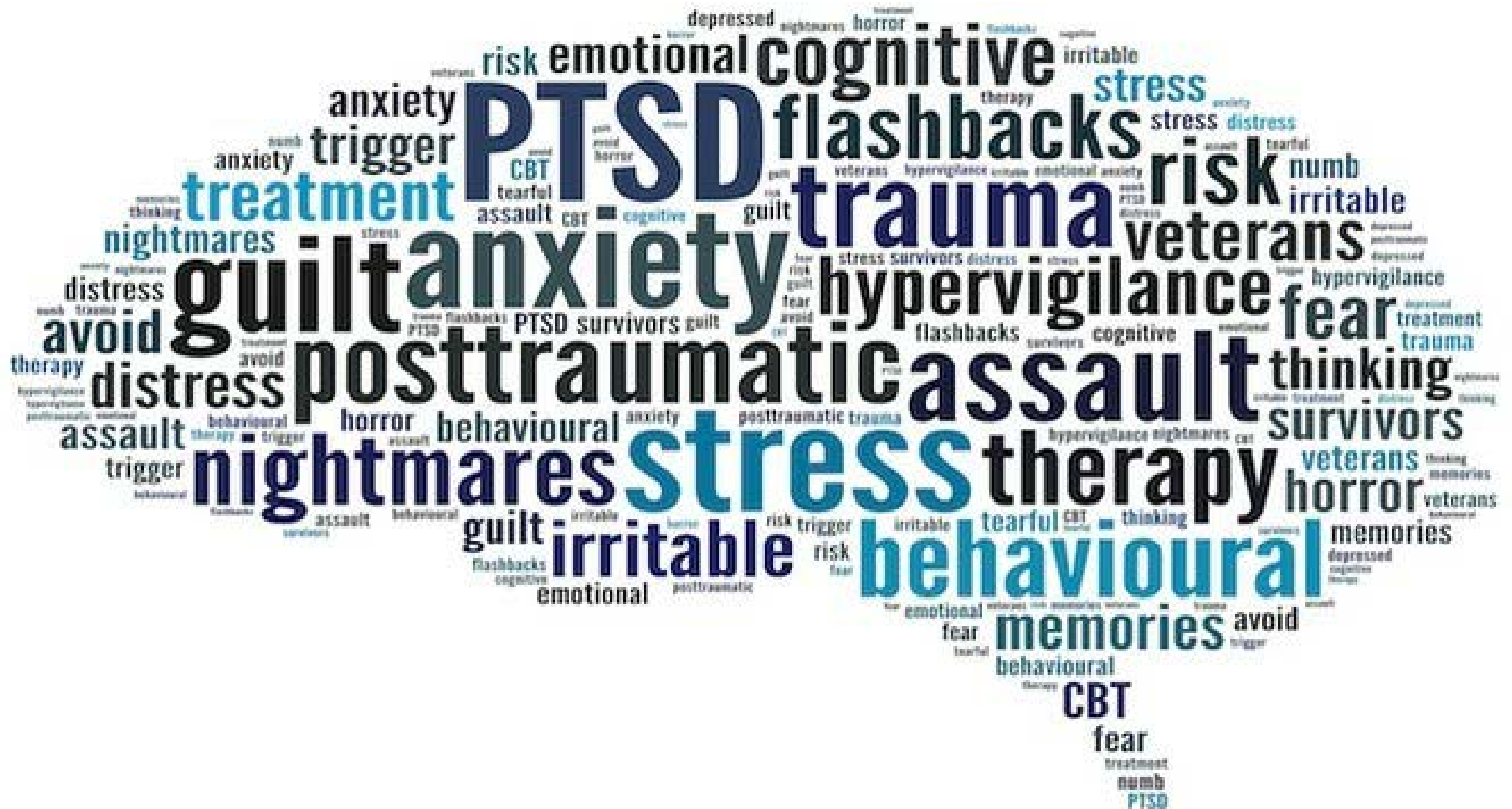
# **Disclaimer:**

## **No commercial relationships or conflicts of interest to disclose**

- To volunteers...
- To fellows in recovery...
- To family and friends...
- To professionals...
- To FDA officials...











# Eight Dimensions of Wellness

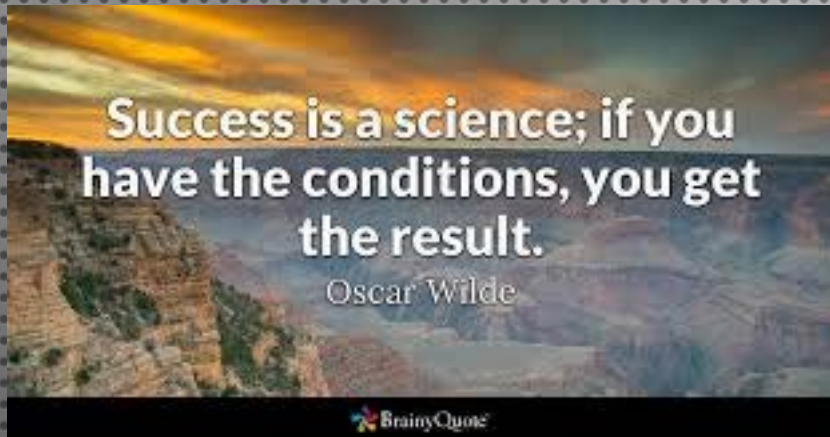


SOURCE: Adapted from Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.





Thank you



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