

The **Daily Breeze** is pleased to announce two more presenters at

Daily Breeze
Women's
EXPO

**"Happiness Counts:
Positive Strategies for Avoiding
Mental Health and Substance
Abuse Problems"**

Saturday, February 5, 2011 • 9am to 3pm

Torrance Marriott • 3635 Fashion Way • Torrance, CA 90503

SEMINAR #10: 1:30 -2:15p.m. • Suite 2, Level 2



Alicia MacGowan is Clinical Director/Founder of Recovery NOW, Inc.. She specializes in the treatment of mental health and substance abuse problems for adults and has specialized training in the area of substance abuse.

Alicia MacGowan
L.C.S.W., M.A.C.



Hilary is a Psychotherapist specializing in the treatment of mental health and substance abuse problems for adults and children and is a graduate of USC.

Hilary Hayes
M.F.T.I.

During these difficult economic times it is imperative that we do our best to take care of our mental health. What are the signs and symptoms of disorders such as anxiety and depression and when do you know if an individual has an alcohol/drug problem and more importantly how to avoid such problems. At Recovery NOW, Inc. we believe your "Happiness Counts."

Daily Breeze
www.dailybreeze.com

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