

An in-depth look at improving ones' emotional and mental state of well-being



12/5/2012, MADISON, WV

On Wednesday, November 28th Boone Memorial Hospital held a Lunch and Learn 'Healthy You' session. Over thirty individuals including BMH employees and local community members were in attendance.

The session entitled, "Attitudinal Muscles of Your Heart & Soul," focused on an in depth look at a person's emotional and mental state of well-being.

"In this presentation I share ways to get people prepared daily to face the pitfalls of life. I teach them how to work on their optimism, patience, humility, forgiveness, humor, respect, empathy, love, faith and more. I truly feel your life's success is determined by your outlook and attitude toward it," said presenter, Jim Strawn.

Strawn is a native West Virginian and has been the Director of Marketing and Community Education at Highland Hospital since 1996. He is the co-author of the 'Sad, Mad, Glad' books with friend and colleague, Chuck Stump. Jim is very active in his community, firmly believing that community service and volunteerism is the cornerstone of all mankind.

"I cannot do anything about the length of my life, but I can do something about the width and the depth my life runs," he said.

The session lasted an hour in length and lunch was provided free of charge (caterer, Donna Moats). "The BMH Community taskforce, All About Health sponsored this Lunch & Learn in the amount of \$250.00," explained Karlie Price, the Public Relations & Marketing Director at BMH. "Each participant also received a BMH back pack an ink pen and Strawn even stayed afterwards to personally sign many of his books that were purchased. We try to make these sessions a fun learning experience and plan to have many more focusing on a number of health topics," added Price.

"I personally thought this was the best Lunch and Learn I've been to at BMH yet," said community member Patsy Nelson. "I love all of the sessions they have had in the past but I thought it was the perfect time of year to focus on our emotional and mental state. It was wonderful."

BMH Administrator, Tommy Mullins was very impressed with Strawn's presentation.



"I have known Jim for many years and it has always appeared to me that he is a man committed to what he believes in and he believes in kindness to all people including those who are healthy and those who need a lot of physical and or mental care. His presentation here was spell binding to all in attendance and the room was full and no one left early or was distracted in any way."

Boone Memorial Hospital is planning to hold more Lunch and Learn 'Healthy You' sessions in the near future. To be added to the mailing list, please leave your name and address on the voicemail at 304-369-1230 x431 or email kprice@bmh.org.

For a copy of Jim Strawn's book please visit: <http://www.sadmadgladbooks.com/> or call 304-757-8125.

*view pictures: <http://www.bmh.org/index.php/photos/category/37-healthy-you-112012>