SGA presents
“How An Illness of the Brain Taught Me to Be Well: Recovery and Resilience in the Time of Covid” with Meg Hutchinson

November 18th
1pm - 2:30pm

CLICK TO REGISTER
Zoom

ABOUT THE WEBINAR:

Meg discusses her journey with Bipolar I Disorder over the past 17 years, from fear and shame to Singer-songwriter, poet, hospital chaplain, and recording artist. This presentation narrates Meg’s acceptance of the need to take medication and how meditation, yoga, creativity, and lifestyle changes help her manage illness and heal from trauma. She talks about navigating complex family issues, building a positive support network, and the value of restoring inner balance through physical, mental, and spiritual rest.