

World Bipolar Day Events 2020

Date and Time of Event (All times listed are local)	Location	Details
March 30, 7pm	Pontificia Universidad Católica de Chile, Chile	Celebration of World Bipolar Day. Organized by Bipolar Disorders Unit of the University
March 30, 11:30am-1:30pm	Public Library in Mount Vernon, Ohio, USA	Staff from Knox Community Hospital Center for Rehabilitation and Wellness to offer a presentation on the Barriers to Fitness: Overcoming the challenges of sticking to a regular exercise/fitness program and its impact on mind and body! Free, Lunch provided. Enroll by email: namiklcoho@embarqmail
March 30	University of Worcester, Worcester, UK	The Bipolar Disorder Research Network (bdrn.org) will be hosting an event at the University of Worcester. We will have posters displaying information on bipolar disorder and our research at two locations (the University of Worcester and the Hive library in Worcester city centre) and will be on hand sharing information and knowledge about bipolar disorder. We will also be running a quiz throughout the day with a prize drawn at the end and will be including an interactive board to include the public's opinion and current knowledge of bipolar disorder
April 2	Copenhagen	A personal Story about Life with bipolar disorder and recovery at a community Library. Kim Bach tells of his life, sickness and recovery in a vivid way.