

# Las Positas College Media Advisory

## Media Advisory: KCBS News Radio Anchor Jeff Bell to Visit Las Positas College October 29th

(Livermore, CA) - Las Positas College Psychology Department and Psychology Club will welcome International OCD Foundation spokesperson Jeff Bell to campus for an informative presentation about OCD on Monday, October 29th.

Bell, a mental health advocate and motivational speaker, is the author of two critically acclaimed books on obsessive-compulsive disorder, *Rewind, Replay, Repeat: A Memoir of Obsessive Compulsive Disorder* and *When in Doubt, Make Belief: An OCD-Inspired Approach to Living with Uncertainty*. He is also the founder and president of Adversity 2 Advocacy Alliance (A2A), and all-volunteer organization dedicated to promoting and fostering the power of personal challenges into service to others.

**Who:** LPC Psychology Department and Psychology Club

**What:** A presentation by Jeff Bell

**When:** Monday, October 29, 9:30-10:45 a.m.

**Where:** Las Positas College Room 2420, 3000 Campus Hill Drive, Livermore, 94551

**Cost:** Free and open to the public. A parking permit, \$3, is required and can be purchased from a kiosk in any lot

According to the National Alliance on Mental Illness (NAMI), more than 2 percent of the U.S. population will be diagnosed with OCD during their lifetime. Although there is no cure, the disorder, hallmarked by obsessions and compulsions, can be effectively managed through a combination of medication and psychotherapy.

Las Positas College, 3000 Campus Hill Drive, Livermore, CA 94551

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