



NEWS RELEASE

FOR IMMEDIATE RELEASE

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CELEBRATE NATIONAL RECOVERY MONTH AT THE CANANDAIGUA VA MEDICAL CENTER: DOCUMENTARY AND DISCUSSION

On September 14, the Canandaigua VA Medical Center recovery transformation committee is showing the documentary, *The Power of Stand Up Comedy* at 10:15 a.m. to be followed by a discussion from 11:00 a.m. to 11:45 a.m. in the auditorium in building #5.

Moderated by Julie Borgen, LCSW-R Local Recovery Coordinator, the documentary and discussion will increase awareness and understanding of mental and substance use issues and celebrate the people who recover.

The documentary by counselor, David Granirer uses stand-up comedy as a tool in therapy.

“We use comedy to give mental health consumers a powerful voice and help reduce the stigma and discrimination around mental illness,” says Granirer. “The idea is that laughing at our setbacks raises us above them. It makes people go from despair to hope, and hope is crucial to anyone struggling with adversity. Studies prove that hopeful people are more resilient and also tend to live longer, healthier lives.”

For further information, please contact Julie Borgen, Local Recovery Coordinator at (585) 393-7942.

Check the [Canandaigua VA Medical Center News Room](#) for more upcoming events.

Visit the [Canandaigua VA Facebook Page](#)

The Canandaigua Medical Center is located at 400 Fort Hill Avenue, Canandaigua, NY 14424.