

It's MY LIFE I'm going to live it well!

Wednesday, April 6, 2022

5 – 6 p.m., Eastern

Join us for this fun and interactive event focused on how we can live healthier and happier lives, while helping others do the same.

Stay Home for MY LIFE is an inspiring online event designed for youth and young adults who have experience with mental health, substance use, foster care and/or other challenges.



Stay Home for MY LIFE features inspirational speakers, engaging discussions, and a variety of tips and resources related to the 8 Dimensions of Wellness.

Free event

<https://bit.ly/mylifewellness>

**Registration
required**



Special Guest

Andre Ecker is the founder of **Drumming Sounds**, a wellness organization inspired by his Native American ancestry and an evidence-based healing protocol called **HealthRHYTHMS**. He is a musician, speaker, author, teacher and sound healer who leads presentations, workshops and drum circles that provide inspiration, hope and healing.

**Stay Home for MY LIFE
Youth Host
Dylan Nason**

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or visit [Facebook.com/mylife](https://www.facebook.com/mylife)

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