

A Crisis Racking Our Continent

Millions throughout North America are **struggling with their mental health**. In fact, over 20% of Americans and Canadians experience mental illness in any given year. What's causing this **epidemic**—and more importantly, what can be done to help **fight it**?

Join Pastor Alex Rodriguez for *MindFit* as he seeks to shed light on our current mental health crisis. The problems run deep . . . but there is **REAL hope**, for both those who are struggling and those who love them.



Opening Session

Beyond the Asylum

The creepy asylum haunts our imagination, casting a long shadow over mental illness and those who suffer from it. So what happens if we **turn on the lights**?



Learn more and reserve your spot at MindFitEvent.com



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A free event coming soon
With Alex Rodriguez