

A Night of Education

# Secure the Mind:

## A Conversation on Mental Wellness



We are proud to support Reach Worldwide's live-streamed and in-person event!

**FRIDAY, MAY 13, 2022 • 7:00 PM (EST)**

**THE SAINT PAUL'S BAPTIST CHURCH**

4247 Creighton Road, Richmond, VA 23223

**FEATURING:**



**Host**

**Faith Shamley**  
Founder,  
Reach Worldwide



**Guest Speaker**

**Shanti Das**  
Founder,  
Silence the Shame



**Guest Speaker**

**Aimee Prange**  
Sr. Clinical Manager,  
Aetna Mental Wellbeing



SCAN QR CODE  
TO REGISTER

We are providing teens, young adults, parents and guardians with resources to leave informed, encouraged and empowered!

**FEATURED TOPICS**

- Winning the battle against depression
- What to do when suffering from loneliness
- Breaking free from the negative effects of social media