



**be a
mindleader**

Talk to your Kids About Mental Health

**Start the Conversation
After the Race:**



“How does running make
you feel?”

“Was there a time during
the race where you felt
discouraged and why?”

“What was your favorite part
of the race?”

#BeAMindleader

Join the Conversation



Be A Mindleader



@BeAMindleader




Advent Health
for Children



Heart of Florida United Way