



STRIKE OUT *The Stigma*

SPECIAL GUEST SPEAKERS

Austin Byler
Aaron Quinn

YOU MATTER

ACTIVITIES FOR

All ages

Mental Health Awareness & Prevention SUNDAY, MAY 7TH & MONDAY, MAY 8TH

MAY 7TH | 5PM | PRAIRIE HIGH SCHOOL

Special guest speakers, **AUSTIN BYLER** and **AARON C. QUINN, PH.D.**, will be presenting to **participating high school baseball/softball teams**, delivering powerful and positive messages to our student-athletes. Austin is a 2-time NCAA All-American, 2 time MLB draft pick, a former professional athlete, and founder of Major League University, who brings his knowledge, experiences, and passion from this background to motivate youth to be the best versions of themselves.

Parents, coaches, and community members will have the opportunity to hear **AARON C. QUINN, PH.D.**, the CEO and Co-Founder of Album Health, Inc. speak. He is a Licensed Psychologist and Health Service Provider with a Ph.D. in Counseling Psychology from Iowa State University. Dr. Quinn has a background in health psychology and sports psychology with a particular focus on evidence-based strategies to improve emotional health, health behaviors and total health and performance outcomes. Dr. Quinn is also the Board President of Iowa Kidstrong, Inc. and works privately as a Sports Psychologist with individual athletes and teams.

MAY 8TH | PROSPECT MEADOWS

This pre-season event will feature the following metro baseball/softball teams: **CITY HIGH, LIBERTY, LINNMAR, PRAIRIE, BENTON COMMUNITY, CENTER POINT URBANA, MARION, SOLON & XAVIER**. Games will begin at **6PM**.

There will be mindfulness activities for all ages and a **"WELLNESS RESOURCE AREA"**. Which feature local agencies and resources that will provide information on mental health, suicide awareness & prevention, substance abuse, eating disorders and overall wellness. There will also be a silent auction and Culver's Fresh Frozen Custard Sundaes available. Resource area will be open at **5:30PM**.



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Strike Out The Stigma – Hosted by Prairie High School Baseball/Softball, Green Bandana Project, Project Safe, and Prospect Meadows - is an outreach initiative focused on bringing crucial conversations to the forefront about the value of healthy life habits, supporting those around us, and removing the negative connotation surrounding mental health.

