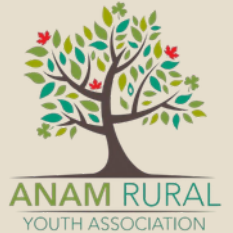


# ◆ 15<sup>th</sup> Anniversary Dinner ◆

## WALK FOR WELLNESS & SUICIDE PREVENTION

Dinner by  
Evolution  
Catering

◆ SAVE THE DATE! ◆  
**April 11th @ 5pm**  
Lacombe Memorial Center



This anniversary dinner celebrates the community care and commitment that has sustained 15 years of The Walk for Wellness & Suicide Prevention. This evening will raise awareness of mental wellness and suicide prevention through meaningful speakers, while also supporting Anam's ongoing work in the community, and continued annual Walk for Wellness and Suicide Prevention walks and events.



### EVENING HIGHLIGHTS

#### Tim Tamashiro

Tim Tamashiro is the author of the Amazon #1 bestselling book *How To Ikigai*. He's a TEDx speaker, singer and former national CBC radio host. He departed from CBC to study positive psychology and Ikigai (life's worth). Tim has learned that his own Ikigai is "to delight". He is confident that everyone has an Ikigai. He is dedicated to spreading the lessons of Ikigai around the world.

#### Isaiah Neil

Encouraging Youth and Young adults like himself battle suicide and grow your own mental health through his personal story.

#### Deena Kordt

Podcaster, Publisher, Author & Advocate, Deena draws from her personal journey to passionately empower others. Her heart-centered purpose is to instill hope & create connections so people never feel alone in their life struggles.

#### Trina Kennedy

Trina specializes in delivering training, workshops, and coaching to foster resilience, mental health literacy, and personal growth. Trina's passion is helping individuals and organizations overcome barriers, heal from trauma, and unlock their potential for greatness.

SCAN HERE FOR  
PURCHASE:



**DINNER CATERED BY EVOLUTION CATERING**

Tickets @ \$60 each, or

◆ a limited number of tables for 8 @ \$450 ◆

Questions, contact [louise@anamruralyouth.com](mailto:louise@anamruralyouth.com)