



Rural Mental Health Connections Webinar Series

Mental Health Benefits of Sleep, Nutrition, Exercise and Mindfulness

Presented by Rural Minds and the National Grange

As we welcome the longest day of sunlight on June 21 and the official start of the summer season, **Rural Minds** and the **National Grange** are pleased to present **Mental Health Benefits of Sleep, Nutrition, Exercise and Mindfulness**.

This webinar will feature:

- Presentations from the National Alliance on Mental Health, the National Sleep Foundation, and Mental Health America
- Speakers sharing their expertise on the benefits of physical health for mental health
- Helpful tips to help boost your mind and body wellness
- Discussion about the unique circumstances of maintaining overall health while living in rural America.

Wednesday, June 21, 2023

4 pm PT | 5 pm MT | 6 pm CT | 7 pm ET

[CLICK HERE for
FREE event registration!](#)



Or scan QR Code
to register now!

This webinar will be presented live via Zoom with the option to hear live audio as listen-only. Webinar video will be archived and available post-event on www.RuralMinds.org.

If you don't have computer access, you can call into the webinar using any of the following numbers:

West Coast: +1 408 638 0968

Central : +1 346 248 7799

East Coast: +1 646 931 3860

When prompted, provide the Webinar Passcode: 368845

Please note that this webinar discusses aspects of mental health, including suicide, that certain individuals may find disturbing or triggering. If you or someone you know is suicidal or in emotional distress, call or text 988. These services are free and confidential. If this is a life-threatening emergency, call 911 or go to the nearest hospital emergency room.

We invite you to join us for this FREE educational event featuring:

- **Joseph Dzierzewski, PhD**, Vice President, Research and Scientific Affairs at the National Sleep Foundation (NSF) – Dr. Joseph Dzierzewski is the Vice President of Research; Scientific Affairs at the National Sleep Foundation (NSF). Dr. Dzierzewski's educational background is in Clinical Health Psychology, focusing on behavioral sleep medicine, and he maintains an active clinical license.
- **Dawn Grittmann, PharmD, CPHQ**, Senior Manager, National Education Programs, Research, Support and Education at the National Alliance on Mental Illness (NAMI) – Dr. Grittmann is a licensed Doctor of Pharmacy with more than 17 years of hospital, quality, managed care and teaching experience. A suicide loss survivor, Dawn joined NAMI after losing two cousins and her father to suicide.
- **Em Skehill**, Director of Public Awareness and Education at Mental Health America (MHA) – Ms. Skehill develops accessible educational resources for MHA's awareness initiatives, including Mental Health Month, Pride Month and youth wellbeing. Prior to this role, she was the Manager of Peer Advocacy, Supports, and Services, and she continues to integrate the values of lived experience and self-directed care into her work.
- **Julie Lux** – Rural Minds Vice President of Communications, moderating the webinar
- Interaction from the online audience during Q&A sessions



www.NationalGrange.org | 202-628-3507

www.RuralMinds.org info@RuralMinds.org

800-226-8113