

# COURAGEOUS MINDS

## SPEAKERS BUREAU

**Friday, March 18**  
6 PM - 7 PM

Join us to listen to one of our  
Courageous Minds Speakers, Lydia,  
who will be sharing about her mental  
health experience and journey.



**Lydia Alvidrez**  
Speaker

**RSVP**  
[bit.ly/3seryGg](https://bit.ly/3seryGg)

Scan the QR Code to  
learn more about  
Green Ribbon Week!

