



No filters here, it's time to get real!

**Wednesday,
November 3, 2021
7:00 - 8:00 PM | ZOOM**

Based on her own struggles, Division I Volleyball Player, TED Talk Speaker, Social Media Influencer, and Mental Health Advocate Victoria Garrick lays down a real and honest talk about mental health, including depression, anxiety and body-image issues.

Finally, someone you can relate to about your mental health.

**Register today for this free event at
jlive.app/events/1044**

Follow and find out more about Victoria Garrick at victoriagarrick.com