



RISE TO THE CHALLENGE

IN THE AMERICAN BUSINESS WOMEN'S ASSOCIATION



If you are a guest and plan to attend, please send an email to abwanulite@gmail.com.

Upon receipt of email you will receive the meeting log-in information.

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

Changing Women's Lives... One Woman at a Time.

For more information about Nu-Lite Chapter, visit our website: www.abwa-nulite.org



SPEAKER: TaWanna Anderson

Topic: Mental Health in the time of COVID-19

**Tuesday, August 11, 2020
Nu-Lite Chapter Zoom Meeting**

NETWORKING: 5:45 - 6:00 pm. EDT

PROGRAM MEETING: 6:00 pm

Flint, Michigan native TaWanna Anderson is co-founder of the encouraging organization, *Whenupray*, and creator of *The Mind Ya Mental Experience*, a platform dedicated to providing online and hands-on resources for Mental Wellness.

With an Associate of Applied Science (AAS) degree under her belt and certification from Mental Health First Aid, she uses her knowledge and compassion to help spread awareness about Mental Wellness in her community.

TaWanna's transparency about her own personal experience with mental health issues, paired with her "do it scared" motto, has helped propel much-needed conversations in the community about the importance of Mental Wellness.

Since beginning her work in the mental health field, she has created The Mind Ya Mental Experience Expo that's hosted annually. Mental Health and the church panel that's also hosted annually. TaWanna has also received acknowledgements and awards from the city of Flint, including the Black Girls Rock Survivor Award, the 2019 Builder Award, and the Helping Others Heal Award. She currently resides in Flint with her two daughters.