



# BEN NEMTIN

## Reduce The Stigma.

Have you ever thought about playing basketball with the President or being on the Oprah show?

Ben Nemtin struggled with crippling depression throughout college, and in an attempt to re-set, he decided to only surround himself with people who inspired him.

He made a list of '100 things to do before you die' with his three friends and set out to live his dream life. 10 years and 91 achieved goals later, the #1 NYT Best Selling Author is sharing his journey with us.

Learn more about Ben's story at:  
<https://www.bennemtin.com/about/>

# Make It OK!

MARCH 11TH 2021  
11AM-1:30PM CST

- 2020 was a difficult year for everyone, so Make It OK! Linn County teamed up with local leaders to provide easy access to mental health tools to community members.
- Now more than ever, we must prioritize mental health.
- Join us for a completely FREE virtual event with keynote speaker Ben Nemtin and learn how to create a healthy & clear headspace.

## Free Virtual Event!

REGISTER HERE:

[WWW.IOWAHEALTHIESTSTATE.COM/MAKEITOKLC](http://WWW.IOWAHEALTHIESTSTATE.COM/MAKEITOKLC)

