

Join us for these engaging and inspiring programs

## Lauren Sisler: Pathway to Resilience & Purpose

**Thursday, September 4**

6:30-8 p.m., presentation and Q & A

8-8:30 p.m., book signing

**Saint Paul United Methodist Church**  
**1144 M St.**

Lauren is a two-time Emmy award-winning ESPN sportscaster and former college gymnast. Her career in sports broadcasting as a sideline reporter for college football and gymnastics is remarkable. Yet her personal journey is what has defined her purpose. She lost both her parents within hours due to a hidden prescription drug addiction. Through her pain, she encourages others to build a life that can face challenges while staying true to what matters most.

Lauren will sign  
copies of her book  
**Shatterproof**  
after the event.  
Purchase onsite  
from Francie &  
Finch Bookshop.



Learn more and register  
for this free event

[BryanHealth.org/LaurenSisler](https://BryanHealth.org/LaurenSisler)



## Chamique Holdsclaw: Hoops, Hope & Healing

**Thursday, October 2**

6:30-7:30 p.m., presentation and Q & A

7:30-8 p.m., book signing

Attend free mental health fair before and  
after the event

**St. Mark's United Methodist Church**  
**8550 Pioneers Blvd.**

Hailed the "female Michael Jordan", Chamique was one of the most accomplished athletes in women's basketball. She led the Lady Vols to three NCAA championships, was a No. 1 WNBA Draft pick, a six-time WNBA All-Star and Olympic gold medalist. Then, her long-suppressed mental health battle derailed her career and threatened her life. Hear her personal story of resilience and message about the importance of self-care, asking for help and knowing you are not alone.

Chamique will sign copies of  
her book **Breaking Through:  
Beating the Odds Shot after  
Shot** after the event.  
Purchase onsite from  
Francie & Finch Bookshop.



Learn more and register  
for this free event

[BryanHealth.org/ChamiqueHoldsclaw](https://BryanHealth.org/ChamiqueHoldsclaw)



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