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	FOR MORE INFORMATION, CONTACT
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Resilience Expert Tasha Schuh Will Present at
Betsie Valley Elementary School
on November 5 from 10:30 AM - 11:15 AM,
Addressing Mental Health

Tasha Schuh and her husband, Doug, share an impactful, interactive message to elementary students titled “Building Your Brave” which teaches students to overcome their fears, choose a positive attitude, and the importance of kindness. Tasha’s message will empower kids to overcome the challenges that they are facing and show them the importance of perseverance. Tasha is an inspirational speaker who equips students and educators to be resilient for their mental and emotional health. After a life-changing theater accident at age 16, which left her paralyzed from the chest down, Tasha now lives a vibrant, fulfilling life, sharing her message of hope across the nation.

Tasha’s message will empower our **Betsie Valley Elementary** students and staff with tangible tools to improve their mental and emotional health and overcome life's challenges. We are looking forward to welcoming Tasha to our school.

"We are thrilled to welcome Tasha Schuh to our elementary school! Her powerful message of resilience, perseverance, and the importance of mental and emotional strength will be an incredible opportunity for our students and staff. We look forward to helping our students recognize their own strengths, overcome challenges, and understand that even when life doesn't go as planned, they have the courage and ability to keep moving forward. We are excited for Tasha to share her inspiring story and equip our students with tools they can carry with them throughout their lives."

Tasha will present at **Betsie Valley Elementary, 17936 Cadillac Hwy., Thompsonville** from 10:30 AM - 11:15 AM on November 5. Members of the media are welcome to attend Tasha's presentation.

Please contact **Lisa Migazzi** at **231-378-4164** or **migazzil@benzieschools.net** with any questions.

About Tasha Schuh

Tasha and her husband/manager, Doug, speak to audiences across the country, focusing on youth and educators, sharing her message of PATH and resilience. She is also the author of two books "My Last Step Backward" and "My Next Move Forward." Tasha has received many awards, including The National Rehabilitation Champion Award and The Hometown Hero Award.

Beyond her inspirational message, Tasha is passionate about helping youth build a foundation for resilience in their lives. Tasha and a team of mental health and education professionals created The Power of PATH: Building Resilience for Mental Health and Suicide Awareness Curriculum™. This teacher-led program is designed for grades 6-12.

Tasha has spoken to over 70,000 students since the 2017/2018 school year. She makes an impact and inspires real progress with students' mental health awareness, along with skills-based coping.

Learn more: <https://www.tashaschuh.com/>