

2019 MENTAL ILLNESS AWARENESS WEEK
COMMUNITY PROGRAM

Lying to Myself: *The Ryan Leaf Story*

Thursday, October 3
6:30-8 p.m.



Football was Ryan Leaf's life, but the pressure to perform on such a high level was more than he could deal with. This finally led to the end of his professional football career in the NFL. ***Leaf struggled with his mental health and began to abuse prescription opiates due to a previous football injury.*** He was caught breaking into people's homes to feed his addiction and faced a prison sentence. When Leaf first entered prison, he had no motivation. However, his cellmate urged him to use his prison time as an opportunity to accomplish something of greater importance, and he did. Leaf describes the time in prison as a time of spiritual growth and humility.

Today, Leaf's mission is to reach anyone in need of hope. He inspires others to begin their road to recovery to see that happiness and health can always be achieved. ***He chooses to share his story dealing with mental health issues and substance abuse in order to reach those who cannot yet imagine a better life for themselves.*** Ryan's wish is to be an example that a better life is always possible.

Cost: Free, pre-registration required

Where: St. Mark's United Methodist Church,
8550 Pioneers Blvd.
*Park in the lot to the west or south of the building.
Enter through Sanctuary doors 1, 2 or 3.*

To register: Go online to
bryanhealth.org/calendar
or call 402-481-8886

