

5TH ANNUAL

LOVE & LEAN WALK FOR MENTAL HEALTH

in partnership with The Mental Health Foundation of West Michigan and the be nice. initiative

Saturday, April 24, 2021

9 AM - 11 AM
ZEELAND EAST SOCCER FIELD
(9900 RILEY STREET)

Open House Style

Drive through the stations and then exit to leave. Or, park to participate in the walk and other activities.



Register or donate at:

<https://secure.frontstream.com/love-lean-walk-2021>

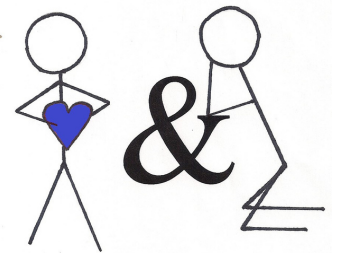


The Love & Lean Walk was inspired by the loss of Zach Kroll, a sophomore at Zeeland East, who silently suffered from depression and died by suicide in 2015. Zach's family has connected with many in the community whose loved ones died by suicide or who are struggling with mental illness. Together, they desire to use these heartbreaking and tragic losses to reach out to others and make a positive impact in our community. Through raising awareness, we will all learn how to be more involved and effective in the prevention of suicide and erasing the stigma of mental illness. Your support will help to expand mental health education and suicide prevention programs through The Mental Health Foundation of West Michigan (MHF) within Ottawa County.

PARTICIPANT LEVELS

- L&L Awareness - \$0 (resource bag and be nice. wristband)
- Making An Impact - \$25 (resource bag, be nice. wristband and walk t-shirt)
- Walking For Love - \$50 (resource bag, be nice. wristband, walk t-shirt and hand-poured candle)

****Register by April 5 to be guaranteed a t-shirt****



Participants are invited to register as individuals or under a team name, for example - churches, athletic team, school, class, walking in memory of a loved one or friend, etc.

If you would like a memorial sign placed along the walk to honor your loved one, please email larissapayton@benice.org with a JPG picture and name by April 5.

Have questions, interested in sponsorship information or want to register/send check by mail? Email zakimpact15@gmail.com.

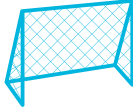


EXERCISE FOR THE SOUL

Take a reflective 2 mile walk through the wetlands and around the school property. The path is lined with memorial pictures, sidewalk chalk inspiration and encouraging messages from elementary students. Complete the walk to receive a sweet treat.

GOOD MENTAL HEALTH IS A GOAL

While one of our goalies defends the net, try taking a shot on goal to signify that mental health is just as important as physical health and is part of a winning game plan. Make it past the goalie and win a prize.



THE POWER OF GIVING

Giving of your time and resources promotes good mental health. Drop off non-perishables at the walk to support **Hand2Hand**. Your donation will help send food home every weekend to local students in need. Items needed are: granola bars, small boxes of raisins, peach cups and individual oatmeal packets. Visit www.h2hkids.org for more information.



SPREAD THE LIGHT

Continue to wear the walk t-shirt in order to raise awareness. Burn the hand-poured coconut wax candle, specially made by **Rich & Maple**. You could even buy extras as a gift to give to others. These are a few ways to keep spreading the light and the importance of mental health.

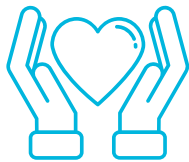


TEAM EFFORT

Create a team name on the registration website and recruit people to register as part of that team. For example, a team could be a church, athletic team, school, class, or walking in memory of a loved one or friend.

SHARE SOME LOVE

Love isn't just a feeling, but it is also something shown with our actions. Receive **"get one, give one"** blue heart cookies (while supplies last), made by the **Careerline Tech Center** culinary students. Showing kindness and love to others is so important for mental health.



TALK ABOUT IT

Communication regarding mental health is very important. Different colored beads that represent how mental health has affected you will be available before the walk. "Take The Pledge" and learn each step of the be nice. action plan (notice, invite, challenge & empower) at www.benice.org.



FOLLOW US ON SOCIAL MEDIA

Get walk reminders and updates at:
Instagram - [zakimpact15](https://www.instagram.com/zakimpact15)
Facebook - [ZAKImpact](https://www.facebook.com/ZAKImpact)

Tag us in any photos and share these hashtags:
[#zakimpact](https://www.instagram.com/zakimpact15) [#lovelikekeaton](https://www.instagram.com/lovelikekeaton) [#benice](https://www.instagram.com/benice)
[#john3:16](https://www.instagram.com/john316) [#1Cor13:13](https://www.instagram.com/1Cor1313)



STRIKE A POSE

Drive up to the be nice. backdrop or stand by it. Choose a prop, smile for the camera and show your support for mental health. Pictures will be posted on social media. You are welcome to tag your photo.



SUPPORT FIRST RESPONDERS



Police officers, fire fighters, EMTs, medical workers, victim service unit volunteers and military personnel are all on the front lines of tragic situations nearly every day. Many suffer from depression, anxiety and PTSD. By raising awareness, we are helping to support their mental health as they seek resources, treatment, and open communication. Some of these individuals will be volunteering or walking at the event. Give them a shoutout for their service.



BEHIND THE SHADES

Zach's gentle, caring spirit and sense of humor made him the likable kid. He had a huge heart and cared deeply for people. Zach appeared to be okay, but he struggled in silence and did not let his internal battle be revealed to the people around him. All the joy in his life was eventually being filtered out and all the hurts and lies and stresses of this world were overwhelming him. It was as if Zach's sunglasses acted as a shield to block from the world the pain he was feeling.

Keaton was happy, loving and affectionate. He always looked for the good in everyone and noticed when they were feeling down. He lived life like an open book. He had always been so in touch with his feelings and was willing to express them to others. He always looked at the bright side of things and was a friend to everyone. He embodied the concept of be nice. - notice, invite, challenge, and empower. Keaton's sunglasses almost acted as a way to shield him from the brokenness of this world.

We lost Zach to depression and then almost five years later, we lost Keaton to blood clots in his lungs while playing soccer. They were cousins and great kids and we had so much envisioned for both of them. We don't want their stories to end there.

Please join us by continuing to spread their light, so that it may hopefully inspire others to be the light in someone else's life or inspire someone to reach out for the help they may so desperately need.

#lovelikekeaton to make a #zakimpact

LOVE yourself and know that your pain is real, but so is hope.
&
LEAN on others (family, friends, professionals) for help, because the more you lean, the stronger you grow in mental fitness.



LOVE others unconditionally and be the light that helps them find their way.
&
LEAN into other's lives so that you can notice when they are struggling and help them get the care that is needed.

