

**FOUNDATIONS HEALTH & WHOLENESS TO HOST VIRTUAL EVENT
FEATURING PRESENTATION BY MENTAL HEALTH SPEAKER MIKE VENY**

Green Bay, WI (April 15, 2021) – Foundations Health & Wholeness is kicking off the nomination period for the 2021 Ethics in Action awards with a virtual event that includes a presentation by best-selling author and leading mental health speaker Mike Veny.

Foundations' mission of innovating care to heal mind and spirit, changing lives, families and communities aligns with Mike Veny's mission to help communities heal emotional pain and discover meaning through simple ideas that empower wellness and healthy relationships.

Each fall, Foundations hosts an Ethics event to recognize individuals for who are creating healthy workplaces, schools, and neighborhoods in our community. The annual event is also a fundraiser to support to our neighbors in need who struggle with depression, thoughts of suicide, and stresses of life.

WHAT: Foundations Health & Wholeness Ethics in Action Nomination Period Kickoff featuring "Mental Health and Community" presentation by author and speaker Mike Veny

The event will include information on Ethic in Action Award nominations and Mike Veny will address common mental health challenges and provide tools to help ourselves and others.

WHEN: Thursday, April 22, from noon to 12:45pm

WHERE: Virtual event. Registration is required, register at wearefoundations.org/ethics-in-action/eia-nomination-kickoff-mike-veny to receive link to live event

THERE IS NO COST TO ATTEND THIS EVENT

Do you know someone who is rising to the challenge, standing up for others, or standing out in their actions? Tell us about someone taking action that shows their courage, leadership, insight, and morals; nominate them for an Ethics in Action Award! For more information on Ethics in Action awards and see last year's recipients, visit Foundations website at wearefoundations.org/ethics-in-action. Nominations will be accepted beginning April 22 through May 3, 2021.

INTERVIEW OPPORTUNITY: Mike Veny is available for interviews prior to the event. To schedule an interview, contact Ammerah Palacios at (502) 475-0460 or ameerahpalacios@ameerahpr.com.

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ABOUT FOUNDATIONS HEALTH & WHOLENESS

Foundations Health & Wholeness is a nonprofit organization with a mission of innovating care to heal mind and spirit; changing lives, families and communities. Its mental health and addiction counselors are known for their excellence in therapy outcomes, caring and joyful nature, and leadership in therapy approaches. Foundations foster care social workers fight for children and build supportive relationships with foster parents. Foundations envisions a caring and connected community that embraces the health and wholeness of all people.

ABOUT MIKE VENY

Certified Corporate Wellness Specialist Mike Veny has been recognized as one of the 100 most influential people in the healthcare industry. He has dedicated his life to changing attitudes towards mental health. As a 2017 PM360 ELITE Award Winner, Veny is recognized as one of the 100 most influential people in the healthcare industry. Veny starred in several OC87 Recovery Diaries documentary films, two of which were featured at the 2017 Reel Minds Film series. Veny's book, "Transforming Stigma: How to Become a Mental Wellness Superhero," is available on Amazon. Learn more at www.mikeveny.com.