

Founded by Danny LeGresley...

# IT'S OKAY

NOT TO BE OKAY™

is a mental health movement with a simple message...

Talking about Mental Health issues can be hard.  
**WE WANT TO MAKE IT EASY.**

Mental health issues can affect all of us regardless of our age, ability, or background, and it really is okay not to be okay. Let us come together as a community to support each other, have open and supportive conversations, and end the stigma surrounding mental health. **So far, we've conducted 6 fundraisers, sold 2000 T-shirts, and raised more than \$25,000 dollars. All proceeds contribute directly to supporting the community and the cause.**

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NOT TO BE OKAY™

YYC  
TRAIN  
THE  
TRAINER  
DAY



JANUARY 16, 2021 10 A.M. TO 5 P.M.

Led by Kevin Smith from Body Be Fit, **Train The Trainer YYC** is an opportunity for Calgary's fitness community to come together and contribute by raising funds and awareness for mental health issues.

## OUR GOAL IS TO RAISE \$25,000 TO DIRECTLY SUPPORT:

- The Calgary School District in creating mental health scholarships to strengthen their mental health and suicide prevention infrastructure.
- **Calgary Beyond the Blue:** An organization working to support Calgary Police spouses and their families build resiliency as a proactive measure against the potential challenges their officers may face, as well as to provide community, education and resources.
- Local, grassroots organizations working for mental health and suicide prevention.

## HOW IT WORKS:

1. You can buy your trainer's time for the day in 5-minute increments. Each 5-minute increment costs \$25, and you can purchase as much of their time as you would like.
2. For the amount of their time that you have purchased, your trainer has to do what you ask them to do.
3. **Get Creative:** As long as it's safe and enjoyable for everyone involved, your asks can range from asking your trainer to eat a Big Mac, asking them to do 100 squats, OR asking them to belt out 100 squats while eating a Big Mac.

## SUPPORT US:

Additionally, you can support **It's Okay Not to Be Okay Canada™** by:

- Buy our **It's Okay Not to Be Okay™** t-shirt for \$30: All profits from the sale will go directly towards supporting the community and the cause.
- **Sponsoring a Mental Health Scholarship for a Calgary School:** Sponsor a mental health scholarship for a Calgary School enabling them to strengthen their mental health and suicide prevention infrastructure.

## WE'RE HERE TO TALK

To know more, donate, or to have a friendly chat please contact:

**KEVIN SMITH** +1 403 830 9697 | kevin@bodybenefit.ca

**ICONIC FITNESS** 80 Sage Hill Road NW, Calgary, Alberta T3L1W8

**FOLLOW US** Train the Trainer\_Calgary | @itsokaynottobeokay\_calgary