

## **‘Strides for Strength: Mental Health Awareness Relay’ Returns to Sierra College**

### **Shine With Purpose hosts ‘crucial’ event for second-consecutive year**

With a focus on coming together and leaving no one behind, Shine With Purpose is set to host Strides for Strength: Mental Health Awareness Relay on Sunday, April 26 at Sierra College in Rocklin.

Held across several hours, individuals and teams will walk, stride or run to support those who have struggled or are struggling with mental health issues. With self-paced 5K and 10K runners also encouraged to participate, the Loomis-based non-profit hopes those of all athletic backgrounds and ages can come out.

The visual display of support, which will include hundreds from across the greater Placer County region, is meant as a symbol of compassion and solidarity.

For Mindy Mohlenbrok, president and founder of the non-profit Shine With Purpose, the upcoming event is meant to focus attention on a subject often swept under the rug. With her own personal story a driving factor, Mohlenbrok hopes to connect with others who have experienced such difficulties in their own life.

“My mom struggled with mental health throughout my life,” Mohlenbrok said. “I didn’t fully understand the extent of her anxiety and depression until later. It was just my normal. I want people to know they’re not alone. There are resources available and that people truly care.”

For Suzanne Jones, District 4 supervisor for Placer County, having an open dialogue is key. A consistent supporter of Shine With Purpose’s efforts, Strides for Strength represents a chance to build a more resilient and supportive community.

“Our youth are facing extraordinary pressures making mental health awareness and suicide prevention more important than ever,” Jones said. “By having open conversations and providing support we strengthen not only individual lives but the future of our entire community”

Shine With Purpose was founded in January 2020. Primarily serving the greater Placer County region, the non-profit aims to spread kindness and create a positive impact by empowering individuals to connect and support one another.

The non-profit serves the community in many ways, which includes providing lunches monthly at the Loomis Senior L.I.F.E. Center, dinners to support The Gathering Inn Auburn, backpacks filled with supplies for back to school season, Mother’s Day Succulents, and much more. Additionally, Shine With Purpose has hosted The Day Before Thanksgiving Day Parade in Loomis for the last several years and re-introduced the Granite Bay Christmas Tree Lighting last season.

“Through education and raising awareness on important community issues, we aim to help people discover their purpose and build meaningful relationships within their communities,” Mohlenbrok said. “Everything we do is meant to create a greater sense of community and just show up for those all around us.”

For additional information about Strides for Strength: Mental Health Awareness Relay, visit [shinewithpurpose.today](http://shinewithpurpose.today) or follow Shine With Purpose on Facebook and Instagram.

Please follow the link to sign-up via Eventbrite: [Click Here!](#)