



nami

National Alliance on Mental Illness

Lake County
Illinois

presents

INSIDE MY HEAD

A one man performance about a young man
and his relationship with bi-polar

SUNDAY, MAY 22 · 4PM

ST. PAUL'S LUTHERAN CHURCH

824 N Lewis Ave, Waukegan, IL 60085

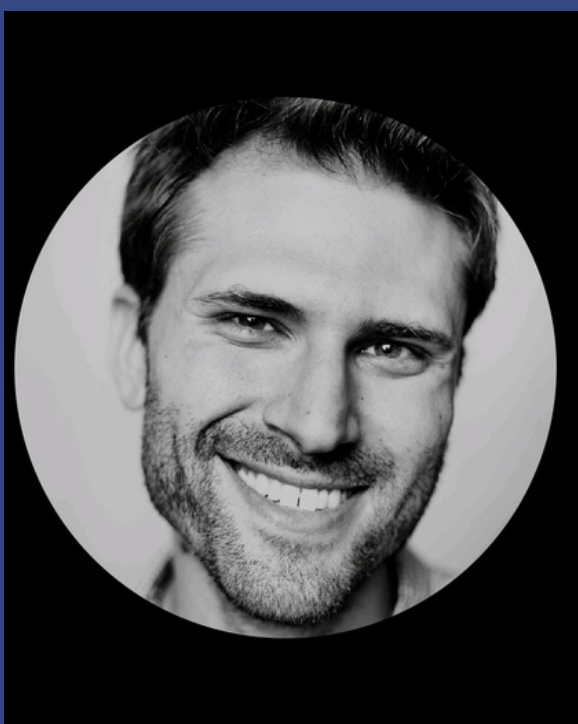
FREE & OPEN TO THE PUBLIC

CREATED & PERFORMED BY: ZAK SANDLER

Award winning Broadway performer, composer,
public speaker & mental health advocate

REFRESHMENTS WILL BE SERVED

LEARN MORE AT NAMILAKE-IL.ORG OR EMAIL NAMISUPPORT@HOTMAIL.COM



Zak Sandler is a Yale educated actor, musician, speaker & mental health activist based in Washington, D.C. whose show "Inside My Head" has been performed at the Kennedy Center and won many accolades, including praise from former NAMI CEO Mary Giliberti. Zak often speaks publicly about his bipolar and is the recipient of the 2018 NAMI New York State Young Leader award.

Zak has played on Broadway for Wicked, Mean Girls, Motown, and The Color Purple. He was a composer at the Johnny Mercer Songwriters Project at Northwestern, and won the Fenno Heath Award for writing a new Yale song. In addition to touring for his newest musical, "Inside My Head", he is also creating a docu-series that explores the link between creativity and mental conditions, called Insanely Talented.

Zak is also developing a program called "Inner Characters", in which we personify our emotions and learn to work together with them, instead of ignoring or pushing them away. If you'd like to learn more about "Inside My Head", "Inner Characters", or any of Zak's other projects, please reach out to him at zaksandler@gmail.com.



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