

SAVE THE DATE

Free Special Event

Presenting: INSIDE MY HEAD
Special Guest Speaker: Zak Sandler
Sunday, May 22 4pm.
St. Paul's Lutheran Church
824 N Lewis Ave, Waukegan IL 60085
847-662-2535



Zak 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, having presented at the 2017 National Alliance on Mental Illness (NAMI) National Convention in Washington, D.C., and the 2017 and 2018 NAMI New York State Conferences in Albany. He 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. His work has appeared at Lincoln Center, Joe's Pub, the Triad, and Signature Theatre (VA). He is writing a musical with Adele Powers, titled "Anthem", about why we sing the national anthem. It ran at the New York Fringe Festival and at the Chicago Musical Theater Festival. His newest musical, INSIDE MY HEAD, is about the relationship between a young man and his bipolar, and was presented at New York Theatre Barn in September and will be touring colleges and mental health organizations beginning in the fall of 2022.. 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.

Here is a link to a preview of [Inside My Head](#) on YouTube



Contact us: English (847) 249-1515
Spanish (224) 818-6264
<https://namilake-il.org>
Email: NamiSupport@hotmail.com