

Monday
September 11
2023

NEWS TODAY

Issue #5

UPLIFTING Sports and Mental Health

Minnie Courington

New program launches

The latest updates

UPLIFT Sports and Mental Health is working with a variety of Age groups. We are looking to realigning the age categories to adjust the program for more appropriate age groupings. The disparity in age has created an unfair advantage in the game. We are working to close the gap as we review the age grouping for each team.

We are adding youth on a regular basis to waiting list. Our waiting list will decrease as we adjust the age groupings. We welcome any suggestions or support in this process.

We are moving forward in a positive direction to make sure that UPLIFT Sports and Mental Health Program is well represented in our community. Let's all take the walk of pride forward together.

Thank you for your patience in working with us to make our program more successful.



Breeanna Harris

Community rallies for charity

Daily news updates and opinions

As we continue to plan for community support, we welcome volunteers. Some of the suggestions given for fund raising include the following:

- Soliciting support from our city funding
- Bingo fun night with prizes.
- An auction with donated items
- Flee market sales.
- Grant support

Reminder of Mission and Vision Statement

UPLIFT Sports and Mental Health has been established to provide the community with talented leaders and mentors for the purpose of introducing and promoting the importance of mental health, well-being, and self-awareness through various sports training programs. Our mission is to create thriving communities by serving diverse audiences of underserved youth throughout Southern California. UPLIFT Sports and Mental Health is a community empowerment organization providing professional assistance to under-resourced, at-risk 5th-12th graders who will benefit from nurturing environments supplemented with life skills training through sports. UPLIFT's goal is to foster a commitment to young people that will promote life-long learning and success in a world where mental health and well-being is paramount to prosperous living.



Health Tip

Be physically active for 30 minutes most days of the week.

Trivia Health Question

The latest updates

Every one of your muscle fibers is thinner than a human hair strand, yet can hold up to 1,000 times its own weight

Mental Health Tip

The latest updates

Get closer to nature. ...

Eat a well-balanced, low-fat diet with lots of fruits, vegetables, and whole grains.

Learn to understand and manage your feelings. ...



Mattia Trentini

The latest breaking news of the day

The latest updates to get you through the day

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Reading is easier, too, in the new Reading view. You can collapse parts of the document and focus on the text you want. If you need to stop reading before you reach the end, Word remembers where you left off - even on another device.

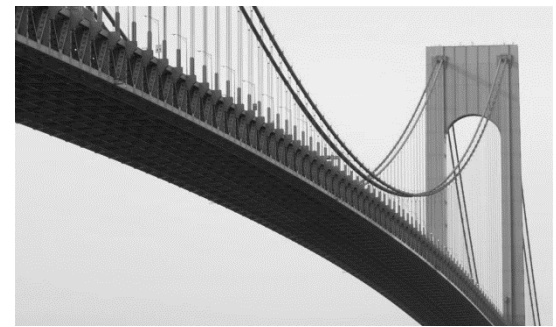
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Tonnie Thomsen

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Mirjam Nilsson

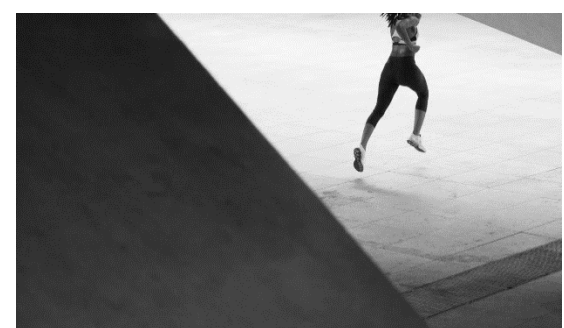
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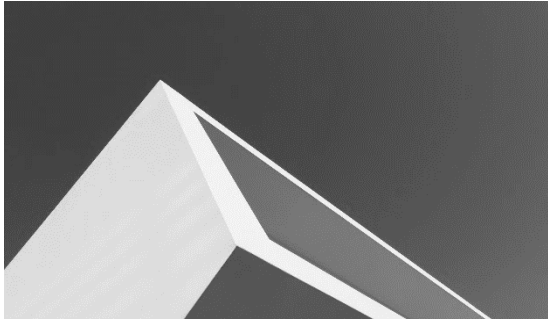


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Vanja Jovanovic

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Takuma Hayashi

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