

MEDIA ALERT

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Aaron Donald's AD99 Solutions to Host 4th Annual Mental Flex Forum

Super Bowl Champion, local high school and college student-athletes to address mental wellness in athletes

WHO: Aaron Donald's AD99 Solutions Foundation

WHAT: Mental Flex Forum

WHEN: Saturday, May 6, 2023; 1:00 - 4:00 pm

WHERE: UPMC Sports Medicine Building, 3200 S Water Street, Pittsburgh, PA, 15203

BACKGROUND:

In its fourth year, Super Bowl champion Aaron Donald will host AD99 Solutions' Mental Flex Forum. The event addresses mental wellness in athletes ages 13 through 18. The half-day in-person and virtual event includes relatable subject matter and tips on improving and maintaining mental wellness, fostering resiliency, developing coping skills, and providing resources.

SPEAKERS AND SESSIONS

Welcome Remarks

Akita Donald, Executive Director, AD99 Solutions

*Makalah Smalls-McCray, Senior, Pittsburgh Creative and Performing Arts (CAPA)

*Martel Palmer, Jr, Sophomore, Penn Hills High School

Mental Performance

Aaron Donald, Super Bowl Champion, AD99 Solutions Founder

Marritta Gillcrease, Prep Forward Coordinator, AD99 Solutions

*Enysah Roberts, Senior, The Ellis School

Sports Injury and Mental Health

Elizabeth O **Clayton**, Medical Student/Health Science Research Fellow, University of Pittsburgh

Elliot Donald, Football, University of Pittsburgh

*Shawn Solomon, Jr, Senior, Brashear High School

Athletes, Social Media and Mental Health

Elizabeth O **Clayton**, Medical Student/Health Science Research Fellow, University of Pittsburgh

Marley Washenitz, Women's Basketball, University of Pittsburgh

*Fred Woodfork, IV, Junior, Propel Braddock Hills High School

Mental Performance Drills

*Camden Branch, Junior, Our Lady of the Sacred Heart High School

*Amon Hawthorne, Freshman, Penn Hills High School

*Rob Staton, Sophomore, Pittsburgh Science & Technology Academy

Jasmine Timmerson, Senior, North Allegheny High School

*Amaree Venson, Sophomore, Allderdice High School

*Current AD99 Solutions Prep Forward student-athlete

MEDIA AVAILABILITY:

Members of the media are welcome to capture B-roll at any time. Interviews will be granted onsite from **3:20 - 4:00pm**. Due to increased security, a limited number of press passes will be issued. To register, contact Frances Reimers at Frances@AD99.org or 202-731-2649.

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