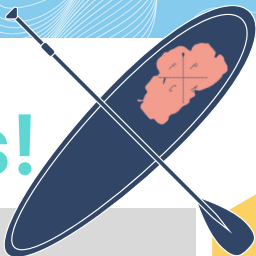


# Paddlin' For A Cause 365

## Let's Do This!



### THE CAMPAIGN

Eileen Allen, Traumatic Brain Injury (TBI) survivor, is rockin' at least 365 paddles within 365 days to help raise awareness and funding for TBI survivors, mental health awareness, and suicide prevention.

### PURPOSE

In the Tahoe-Truckee area there is a need to support local programming to increase mental health awareness, TBI survivors, & suicide prevention efforts. Funding raised through this campaign stays local.

### HOW YOU CAN GET INVOLVED

Between May 1, 2022 - April 31, 2023, everyone is welcome and invited to come and paddle with Eileen! She will be hosting SUP events throughout the year. Plus both individuals and businesses can support this work by donating to support Eileen's campaign!

Visit & Support Here:

[thespeedyfoundation.org/paddlin](https://thespeedyfoundation.org/paddlin)



**venmo**

### BECOME A SPONSOR



Sponsors  
Individual  
Business

Ripple  
\$10  
\$100



Swell  
\$25  
\$250



Na-Lu  
\$50  
\$500



Kahuna  
\$100  
\$1,000



Tsunami  
\$250  
\$2,500

[www.thespeedyfoundation.org/paddlin](https://www.thespeedyfoundation.org/paddlin)



Become an ACE at Mental Health

## ADVOCATE

Suicide prevention means advocating for those who struggle with their mental health. Learn about grassroots and grassup advocacy efforts; use your influence to become a champion for change.

## CONVERSATE

If you can talk about suicide, you can talk about ANYTHING! You are more likely to come into contact with someone experiencing a mental health crisis than a physical health crisis. Are you ready to start a crucial conversation?

## EDUCATE

Take a **complimentary** suicide prevention "gatekeeper" training by visiting the **Mentally Covered Training Center** on our website. We provide additional trainings to meet a variety of educational needs.



#MentallyCovered

988  
NATIONAL  
SUICIDE &  
CRISIS  
LIFELINE



Our work is made possible through your generous donations.

Thank you for considering a tax-deductible contribution.

EIN: 45-2875954

Connect With Us

[www.thespeedyfoundation.org](http://www.thespeedyfoundation.org)



Traumatic Brain Injury Survivor

### Eileen Allen

Seasoned paddle boarding master trainer, owner of Paddle Me Sup Yoga & Fitness, and founder of Tahloha, Eileen faces many challenges following a Traumatic Brain Injury (TBI). Having to relearn many activities and life skills has been incredibly difficult, but at the same time she is grateful to be able to face those challenges. Eileen wants to promote a positive healthy lifestyle to help encourage others.



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