



# RACE

## ACROSS AMERICA

# MIND-BODY CONNECTION

### **POWELL BROWN | Riding for Skyland Trail**

We are raising awareness, helping to erase the stigma associated with mental illness and raising money for education, research, and treatment of these serious disorders which affect so many of our friends, family, and colleagues. Suicide is the 2nd leading cause of death in youth ages 10 to 24. I'm riding to change that.

[Click to donate to Skyland Trail.](#)

### **GEORGE POLLOCK | Riding for FSH Society**

FSH muscular dystrophy affects me, along with nearly one million others around the world. There may come a time when I cannot pedal a bicycle. Until then, I will continue to ride, and I encourage everyone to enjoy their passions and be ambassadors for our efforts to find a cure.

[Click to donate to FSH Society.](#)

Part of healing is an inside job. There is no doubt that the link between mental and physical health is real and critical to whole care.

For that reason, Powell Brown & George Pollock are joining forces to support and raise awareness for two organizations dedicated to healing physical and mental illness with a focus on the mind-body connection.

Donate today to support Team FSHD Skyland Trail, Powell, and George.



## Skyland Trail

### ABOUT SKYLAND TRAIL

**MISSION** | Skyland Trail inspires people with mental illness to thrive through a holistic program of evidence-based psychiatric treatment, integrated medical care, research, and education.

Since 1989, Skyland Trail has served over 3,400 clients.

- A national leader in groundbreaking therapeutic approaches
- Provides community-based treatment programs for adults across the country
- Teaching and learning environments across three campus-like settings
- Offers a broad range of services to improve individual mental, physical, and social wellbeing
- Innovative treatments that integrate mental, physical, and spiritual health
- Offers Financial Aid Program

**LEARN MORE** | [skylandtrail.org](http://skylandtrail.org)



### ABOUT FSH SOCIETY

**MISSION** | Find treatments and a cure for Facioscapulohumeral Muscular Dystrophy (FSHD) while empowering our families.

Since 1991, the FSH Society has catalyzed more than \$100 million in research funding.

- World's largest leading research-focused patient advocacy organization for FSHD
- Launched Therapeutic Accelerator industry collaborative to get a treatment on the market by 2025
- Established a nationwide FSHD Clinical Trial Research Network
- More than a dozen drug development programs in industry and academia
- Launched 17 local support chapters across the US in 2018, and continuing to grow
- 4,700 members served

**LEARN MORE** | [fshsociety.org](http://fshsociety.org)