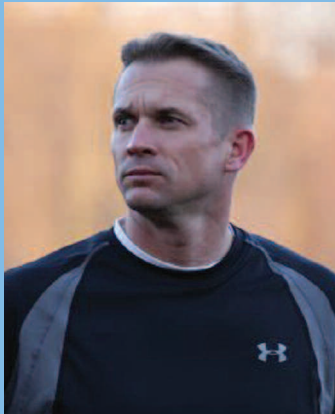


SAVE THE DATE

# YouthHealth CONNECTION



*Coach Doug Merrill*

## The Power Within: Enhancing Your Mental Well-Being Through Improved Physical Health

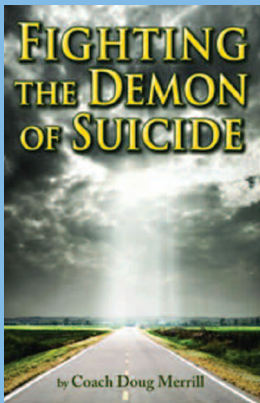
September 30, 2009 • 7-8:30 p.m.  
Norwell High School Auditorium

**Coach Doug Merrill, President and Founder of the Power Up Foundation and author of “Fighting the Demon of Suicide” will talk about achieving positive mental health through positive physical health.**

Coach Merrill will start a historic run, on October 4, 2009 in Boston that will conclude March 2010 in Key West. The run will take six months. Coach Merrill will run 13.1 miles a day.

Along the East Coast route of his run, Coach Merrill plans to speak at universities, colleges, community organizations, and high schools to spread his message of achieving positive mental health through positive physical health. Coach Merrill believes many can become mentally healthier through physical fitness.

**For more information call Kim Noble at (781) 794-7415.  
This program is free and suitable for parent/guardians and teens.**



*Norwell High School Auditorium  
18 South Street, Norwell, MA*



**South Shore  
Hospital**

*A South Shore Hospital Community Benefits initiative.*