



# *Tackling Challenges*

## **A CONVERSATION WITH JOHNNY MANZIEL**

Johnny Manziel is a former college football star and NFL quarterback from Texas. Now, Manziel is focused on health, mental wellness, and using his platform to raise awareness around these important topics. He has been open about his struggles with mental health and substance use, sharing his journey towards a positive, purposeful life after fame at such a young age. Manziel hopes to inspire others through vulnerability and advocacy in this space.

**FREE EVENT**  
**MONDAY, AUGUST 26, 2024 | 6-8 PM**  
**BRYANT CONFERENCE CENTER**  
**TUSCALOOSA, AL**  
**REFRESHMENTS AVAILABLE**

**Free parking across from the Capstone parking deck with entry on 2nd Avenue.**



**Vital**

Improving  
Wellness in  
Alabama