

Join us for the Into the Light 5K and Community Day!

Date: Sunday, October 6th

Location: Cook Campus, Rutgers University

Into the Light is thrilled to host our biggest event of the year! Join us for a day filled with fun, fitness, and community engagement.

Event Highlights:

- **USATF Certified 5K:** Test your limits and enjoy a scenic route.
- **Yoga Session:** Start your day with mindfulness and movement.
- **Keynote Speaker:** Be inspired by our special guest.
- **Workshops and Activities:**
 - Mindfulness workshop
 - Mindful eating and Nutrition Table
 - Pet Therapy
 - QPR (Question, Persuade, Refer) Training
 - 8 Dimensions of Wellness
 - Live Music

Experts will be available on hand to discuss the science behind these wellness practices.

This event is open to everyone, so we encourage you to bring friends and family for a day of health and connection. We can't wait to see you there!

What is Into the Light?

Founded in 2017 after the tragic loss of my father to suicide, my sister and I set out on a path to honor his legacy. Into the Light is a non-profit dedicated to breaking the stigma around mental health. Our vision is a society where individuals feel safe seeking help and are supported by understanding and compassion.

We provide education, resources, and community engagement through youth-focused forums, mindfulness events, and mental health trainings. Our goal is to empower people with the knowledge and tools they need to navigate challenges and build resilience. Together, we can foster a culture of healing and support.

Get Involved!

Learn more about our upcoming event and sign up [here](#).

Support our mission by making a donation [here](#). Your contributions help us create a positive impact in the community!

The Into the Light Endowment Fund

We are committed to providing tangible resources for the community. This year, we are proud to announce the establishment of the Into the Light Endowment Fund at Rutgers University.

This fund will support students in the Master of Social Work program who focus on youth and young adult mental health. Once fully funded, it will empower these students to become invaluable resources for the community for years to come!