

INTRODUCTION



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THEHEARD

ANNA ARROYO

It is our pleasure to welcome Anna Arroyo . Anna Arroyo is a graduate of the University of Southern California. She graduated with a major in Communications from the Annenberg School of Communications. In addition, Anna is currently completing her master's degree in psychology. Anna also works as personal trainer. She specifically works with her personal training clients in the area of stress-management. Anna prides herself in using a unique combination of yoga, pilates, cardiovascular training, and of course psychology to help individuals find what it really means to have a sound body, mind, and soul. Anna is a true arts enthusiast and loves theater, ballet, and live music, and on a separate note reminds herself to always appreciate the healing benefits of laughing with friends! Anna is with us today from The Heard, the nation's premier young adult mental health speakers bureau and a program of Active Minds. Members of the Heard are honored to act as representatives of the young adult mental health movement. As advocates and survivors, they convey messages of mental health with relevance and sincerity, and it is their primary goal to empower people to join them in changing the conversation about mental health. Join me in welcoming her.