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**BOYS & GIRLS CLUB OF STAMFORD FIELD DAY CELEBRATES
PHYSICAL & MENTAL WELLNESS**

Former NBA All-Star Allan Houston Helps Kick-off Field Day Activities

STAMFORD, CT/July 22, 2024 - Former NBA all-star Allan Houston joined US Congressman Jim Himes, Stamford Mayor Caroline Simmons and former NFL linebacker Khairi Fortt to help the Boys & Girls Club of Stamford celebrate Field Day on Monday, July 22. Houston, who has a long-standing relationship with the Boys & Girls Club, spoke to about 200 campers to kick-off field day activities, which this year will also include a mental wellness component.

"The Club works to support the mental health and resilience of our kids throughout the year, which is why we wanted to work this into our annual Field Day as well," said Craig Baker, CEO of Boys & Girls Club of Stamford. "We want to reinforce the idea that healthy physical, stress reducing, and social activity is important to achieving and maintaining mental wellness."

In addition to traditional field day activities, 19-year-old Avon resident and former student athlete Natasha Lisevick connected with the campers in smaller groups over lunch to share her own experience dealing with mental health issues.

"I think if I've learned anything it's that it is OK to ask for help, it's important to talk about it and there's nothing to be ashamed of," Lisevick said. "I not only now have tools to deal with my anxiety, but I also know that it doesn't define me. I hope that by sharing my story I can encourage even one kid who might be struggling."

Campers enjoyed a cookout lunch and rotated in groups for outdoor games. A registered dietician from ShopRite was also onsite to offer tips on nutritious eating and making healthy food choices.

Sponsors of this year's Field Day include Stamford Youth Mental Health Alliance, Kids Helping Kids, Fairfield County Sports Hall of Fame & Youth Foundation, City of Stamford and Family Centers. The Boys & Girls Club of Stamford is a member of the Stamford Youth Mental Health Alliance, a city-wide network of 35+ organizations working together to improve access to mental health services for children and adolescents.

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