

ENERGY MEETS SCIENCE

Energy girl Judy Giovangelo, Founder of Ben Speaks, Author, Speaker, Grief Recovery Specialist, and Artist, meets science guy Jason Shea, Statewide Health & Wellness Director of Municipal Police in Massachusetts. Both are experts in their fields.

JUDY GIOVANGELO

Judy Giovangelo reaches the hearts and minds of students, parents, teachers, and administrators with her signature **Power of Choice** presentation delivered through her non-profit organization Ben Speaks. Ben Speaks provides positive channels of expression for youth, families, and communities.

She started her non-profit following the loss of her son Benjamin to suicide in 2009 after his life-long battle with mental illness and bullying. Ben was a junior in public high school.

Youth suicide is the 2nd leading cause of death and rising. Bullying is an ever-growing, out-of-control epidemic. Youth addiction, racial and sexual bias, prejudice, and homelessness are all on the rise. Today's youth need empowerment and tools to handle these difficult life challenges.

The **Power of Choice** combined with **Ben's Challenge** offers an inside-out approach to wellness to reduce stress, provide strength, grow emotional resiliency, develop team spirit, and give each individual the confidence to know they have a voice, are heard, and are worthy.

BEN SPEAKS



IMPACTED OVER
200,000
AND COUNTING!

JASON SHEA

Jason Shea is an author, national presenter, Municipal Police Statewide Health and Wellness Coordinator, coach, consultant, and dad. He has had the honor and privilege of helping tens of thousands of people around the country in these roles. From local youth programs and league and state championship teams to college All-Americans, National and International Champions, Olympic hopefuls, businesses, military, law enforcement, fire, and tactical teams, Jason's passion lies in picking the brains and learning from global experts and sharing these valuable insights with others.

In writing research-based books and articles and developing statewide health, wellness, stress resiliency, and building winning team culture curriculums, he has had the honor of learning from such esteemed experts as Dr. David Sinclair, Dr. Valter Longo, Dr. Jason Fung, Dr. Jonny Bowden, Sally Fallon, Dr. Mark Houston, Charles Poliquin, Annette Verpillot, Dr. Dale Bredesen, Dr. Susan Erdman, and so many more.

He holds a Master's in Human Movement and Exercise Science. He has served as an adjunct professor of Exercise Science at Dean College, an advisory board member for the prestigious Cooper Institute, a YMCA Integration Initiative board member, and more.

Outside work, his favorite activity is spending quality time with his kiddos, Bryn and Ayden. When not with his family or working, he enjoys a fun and active lifestyle and is continually learning in hopes that he can share with others.



Ben Speaks Mission

Ben Speaks provides positive channels of expression and empowerment for a whole-person approach to wellness through clinical and holistic resources and education.

Ben Speaks Vision

Creating a culture where youth and families can access the resources and support they need to empower themselves.



Why Are We Here?

Everyone Knows a Ben... an at-risk youth in your community.

EDUCATION COMBINED WITH AWARENESS CREATES CHANGE

Everyone who works with pre-teens and teens today has their hands full, especially since the pandemic. We have an epidemic of opioid abuse, social bullying, suicide, depression, ADHD, anxiety, and other mental health challenges and our youth are presented with a recipe for disaster. IT IS TIME FOR CHANGE THROUGH BEN'S CHALLENGE for middle and high school students and their families.

According to the CDC in 2022, anxiety disorders are the most common mental health condition to affect teenagers. At age 13, about 8% of U.S. teens have a diagnosable anxiety disorder. By 18, up to 15% of all teens experience symptoms of a clinical anxiety disorder.

An estimated 3.2 percent of American children and adolescents have been diagnosed with depression. And while depression was long seen as an adult problem, researchers now know that even a 2-year-old can experience depression.

Call (508) 640-5550 for more information and pricing on this program

Judy and Jason are both change agents.

Our **Power of Choice** presentation and **Ben's Challenge** both create a culture where young adults:

- know they are valued, supported, and encouraged to be their best selves
- learn to see the best in others and be a positive contributor to society
- take 100% responsibility for their choices through a powerful toolset they will carry forever

Judy and Jason's personal message is compelling and impactful and opens the eyes of young and old alike. Their message has reached thousands of young people through schools, youth, mental health organizations, and community gatherings.

Ben Speaks is on a mission to reach out to all middle and high-school-age youth directly or through the adults and parents who associate with them.

We welcome the opportunity to include your school, organization or business to our list!

A partial list of schools and organizations who have benefited... Will you be next?

Beaver Country Day School, Newton, MA—all grades | Bellingham Middle School—teachers, parents, and all grades
Holyoke Center School | Marlboro Advanced Math & Science Charter School—parents, teachers, and all grades
Medfield Middle School—teachers, parents, and all grades | Norwood High School | Wellesley High School
Springboro, Ohio Middle and High Schools—parents, teachers and all grades | Keene State University, Keene, NH
Westfield State University, Westfield, MA | Parent Advocacy League (PAL) Expo
Mass. Interscholastic Athletic Association (MIAA)—Teen Summit keynote at annual conference



Ben Speaks

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Call to book today! 508-640-5550