

# IOWA STATE UNIVERSITY

## SHINE LIGHT INTO THE DARKNESS WELLNESS CONNECTION AND OUT OF THE DARKNESS SUICIDE AWARENESS WALK

**Saturday, April 25, 2026**

**8AM WELLNESS CONNECTION EVENT | 9AM CHECK IN | 10AM PROGRAM**

**South Campanile Lawn**



The program speakers, Brian and Janell Meyer, will be honoring the life of their son, Griffin. Being genuine radiated from him constantly, and he always brought out the genuineness in others.

**REGISTER  
TO WALK  
NOW**

**FREE TO REGISTER**



*Reach Out, Speak Up, Save a Life • Changing the Narrative on Suicide*

### **8 - 10AM**

Bell Bottom Coffee Truck \$  
Piece and Freedom Bakery \$  
Face Painting and other activities for kids  
Fun with ISU Line Dance Club  
Connect with local mental health resources  
Enjoy acoustic guitarist, Jake Doty

### **9 - 10AM**

**Walker Check In**

### **10AM**

**Program  
Walk  
Creamery Ice Cream**

**ISU Creamery Signature Flavor**  
*Griffin's Ripples of Hope*

Lavender ice cream with Raspberry  
Swirl and Pound Cake Pieces  
*Because Every Life Deserves Hope*

**(515) 294-5056**

**CycloneHealth.org**