



FOR IMMEDIATE RELEASE
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Spartanburg-based Mental Fitness Inc. given \$10,000 annual legacy gift by NYC philanthropist to further mindfulness and resiliency programs

Mental Fitness Inc., a national nonprofit based in Spartanburg whose mission is to build resilience in youth through evidence-based programs, has launched the MFI Resiliency Fund with Spartanburg County Foundation with inaugural legacy gift of \$10,000 from Anne L. Bernstein of NYC, to further mindfulness, mental health and resiliency programs for youth in Spartanburg and beyond.

A fixture of NYC's theater community, Ms. Bernstein has been a passionate supporter of Spartanburg based Mental Fitness since 2006. CEO, Robyn Husa Farrell, connected with Anne when she produced theater in New York City over 10 years ago.

"This gift has already allowed us to further our reach in the local community through a partnership with Districts 1, 3 and 7 schools where we'll be offering mindfulness courses for K-12 grade students" says Husa Farrell.

The fund has also provided opportunity for national expansion of the MFI mindfulness program which will reach schools who serve at-risk youth throughout the country.

Ms. Bernstein shared, "I am so fortunate to have found theater, as it gave me a strength and purpose to help me grow to adulthood. I know Metal Fitness can help others who need some support. We (all) are given the greatest gift possible LIFE. I hope I can give help to those that need it to get to the best life there is that I luckily have."

Ms. Bernstein's gift also funded four resiliency awards for the MFI Flourish Summer Camps that hosted young ladies from across Spartanburg for a week of mindfulness and empowerment.



To learn more about Mental Fitness or the MFI Resiliency Fund, please contact Robyn Husa Farrell at rfarrell@mentalfitnessinc.org.



About Mental Fitness Inc.

The mission of Mental Fitness is to build resilience in youth through **evidence-based** programs. We collaborate with **national experts in medicine, nutrition and mental health** to deliver evidence-based programs that improve mindfulness, stress-management and healthy coping skills for youth. <http://mentalfitnessinc.org/>

About Anne. L Bernstein

Anne's extensive career as a theater producer began over 40 years ago at Perry-Mansfield in Steamboat Springs, Colorado under the tutelage of Bick Goss and James Edmonson. Since then, she has gone on to produce more than 20 shows on and off-Broadway, including *Amateur Night at The Big Heart*, and *The Pirates of Penzance*, as well as associate produce such shows as *Grace & Glorie*, *Marlene*, *As Bees In Honey Drown*, *Oblivion Postponed*, *June Moon*, *A Delicate Balance*, *The Party*, *Hedda Gabler*, *My Old Lady* and *Streakin'*. Anne L. Bernstein's philanthropic interests extend well beyond the arts into education, conservation, and community outreach. This year marks Anne L. Bernstein's 20th year on The Acting Company's Board of Directors. During her service with the Company, her enthusiastic support has helped to bring classical theatre and educational programming to countless communities throughout the United States. Anne was recently awarded The Joan M. Warburg Humanitarian Award – named for The Acting Company's beloved President Emerita and well-known humanitarian and philanthropist.