

# July is

## NATIONAL MINORITY MENTAL HEALTH MONTH

Spotlight on: **Alison Mariella Désir-Figueroa**



### Why we're proud of this individual:

Alison Mariella Désir-Figueroa aka Powered Feet was named by *Women's Running* as one of twenty women who are changing the sport of running and the world and by *The Root 100* as one of the most influential African Americans, ages 25 to 45. Alison is an endurance athlete, activist, and mental health counselor. Alison is the founder of Harlem Run (an NYC-based running movement) and Run 4 All Women (an initiative that has raised over \$150,000 for Planned Parenthood), and just launched the podcast *Finding Meaning (on the RUN)*, available on iTunes, Google Music, SoundCloud and Stitcher. Alison is currently featured alongside American Ballet Theatre® principal ballerina Misty Copeland, world champion sprinter Natasha Hastings, professional stuntwoman Jessie Graff, and Chinese taekwondo champion and actress Zoe Zhang (Lanxin Zhang) in Under Armour's latest global campaign, *Unlike Any*, which celebrates and honors the unprecedented achievements of female athletes that rise above gender comparisons and stand on their own as marvels of athletic prowess.

<http://alisonmdesir.com/aboutme/>

### Other Observances in Month:

- **July 4, 1776** - The Declaration of Independence was approved by the Continental Congress.
- **July 1, 1867**—Canada Day, a national holiday in Canada, formerly known as Dominion Day, commemorating the confederation of Upper and Lower Canada and some of the Maritime Provinces into the Dominion of Canada.
- **July 16, 1969**— Apollo 11 Lunar landing mission began with a liftoff from Kennedy Space Center at 9:37 a.m.

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