

MEDIA ADVISORY

Press Contact:

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Matthew Sanford Presents Free Program to Thank Community For Helping Him Become A National Hero

WHAT: Matthew will be at The Marsh in Minnetonka presenting a free program as a ‘thank you’ to the community for helping him become a national hero as a winner of the Volvo For Life Awards. The evening includes a reading and book signing.

An Evening with Matthew Sanford

The Nature of Giving

“Giving is not simply an act of ‘giving to’ someone or something. It is a transformational act that creates energy, not depletes it,” states Matthew Sanford, Minnesota native and recipient of the national *Volvo for Life* award. Recognizing the profound impact that everyday heroes make in the lives of others, a distinguished panel of judges recently selected Matthew to receive the *Quality of Life* award, honoring him for his work with trauma and loss, and gifting his non-profit, Mind Body Solutions, with \$100,000.

Join The Marsh and Mind Body Solutions for a special evening of inspiration and gratitude with Matthew. The evening is an opportunity for Matthew to give back to the community which helped make him a national hero and elevate the work of his non-profit. The program includes a presentation, *The Nature of Giving*, where Matthew uses his personal story to explore the nature of giving as a mind-body sensation. He asks the thought provoking question, “How does one give without self-sacrifice?” Matthew will also read from his book *Waking: A Memoir of Trauma and Transcendence*, released in paperback this June.

WHO: Open to the public

WHEN: **Wednesday, June 18**
6:30 p.m. – reception with cash bar
7:30 p.m. – program
8:30 p.m. – book signing

WHERE: **The Marsh**
15000 Minnetonka Boulevard
Minnetonka, MN

Complimentary to members and guests. Space is limited.
Call The Marsh at 952-935-2202 to make a reservation before Monday, June 16th.