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## Register for the 3rd Annual Walk for Wellness Saturday, September 11, 2021

We will be honoring those we lost on September 11, 2001 and recognize the actions of those who help heal our community. This will be the 20th Anniversary of the tragic day that changed our lives. At that time, FSL created a new crisis counseling program to help both children and adults cope with the trauma and grief they had experienced. Twenty years later these vital crisis services are an integral part of the 60 programs that people depend on everyday.

**Please join supporters and FSL staff for this important memorial event.  
Sign-up today!**



## 3rd ANNUAL WALK FOR WELLNESS

Saturday, September 11th at 9:00am Rain or Shine  
Belmont Lake State Park, Babylon

**Walk, Run, or Bike for 1.5 mile or 5K  
IN-PERSON or VIRTUALLY - No fee to join!**

**Text FSLWALK21 to 71777** Register, create a team, and start fundraising.  
We are organizing the event so that anyone can join us via social media.

**#FSLWALK**

**[FSL Walk for Wellness Page](#)**

Various sponsorships and underwriting opportunities available.  
Contact 631-470-6775 or [jsandler@fsl-li.org](mailto:jsandler@fsl-li.org) to learn more.

**Remembering Kristy Irvine Ryan**

Sometimes a grieving family will continue the good work of loved one as part of their legacy. This was the inspiration for Kristy's Smile Inc., a non-profit 501(c)3 organization. The foundation was motivated by the amazing spirit and compassion of the late Kristy Ryan who tragically died in the World Trade Center on September 11th. Kristy and her friends had been longtime donors to FSL and often given surprise gifts and new bedding to children and families struggling financially. Kristy's kindness and willingness to always think of those less fortunate had encouraged her friends and family to continue this good work in her memory. Since 2007, Kristy's Smile has provided over \$300,000 in funding to FSL by hosting annual golf outings and fundraisers. In recent years, the foundation provided over \$30,000 for the Huntington Interfaith Homeless Initiative (HIHI). HIHI offers homeless individuals in Huntington a safe, warm place to spend the night during the winter months. Comprised of more than 35 local congregations, the groups provides housing, clothing, a hot dinner, breakfast, and bag lunch to participants. Another generous gesture was the purchase of two vans which provide needed transportation to day programs specifically designed to assist adults suffering from chronic mental illness. This type of support truly makes a difference in the lives of others. To learn more contact [tohare@fsl-li.org](mailto:tohare@fsl-li.org)

## Join us in recognizing our 95th Anniversary Event Sponsors!

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Visit the "**Find Help**" page of [www.fsl-li.org](http://www.fsl-li.org) for information on services and programs for children, families, and seniors.

For 95 years, FSL has provided all aspects of human services, including mental health counseling, addiction prevention & treatment, crisis care, early education, and family & senior services.

Today, in communities across Long Island, FSL is Restoring Hope & Rebuilding Lives.

Your contribution is needed. Together, we can build a stronger future for everyone.

Make a tax deductible donation by clicking the Donate Now button or text 41444 and type "FSL".

*Thank you!*