THE LONGEVITY PROJECT

EVENT PROGRAM

MONDAY, SEPT 20

THE CITIZEN TELEGRAM  POST INDEPENDENT  THE ASPEN TIMES
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Dr. Hugh Brock  Dr. Frank Kopich  Dr. N. Lindsay Harris
I wrote a column in The Aspen Times earlier this month about my dad’s lifelong battle with the depression and the impact that his profound feeling of not being enough had not only on him, but on his children and wife who thought he hung the moon. My dad died of a freak accident in a hospital not related to his depression, but it took me decades to reconcile how I could have been so devastated by his death, yet so relieved that he passed peacefully in his sleep and not by suicide.

Thank you for taking part in the Longevity Project – our annual campaign to help educate our valley about what it takes to live a long, fulfilling life in the Roaring Fork Valley. This year’s topic is relevant every minute of every day, and even more so after the past 17 months of constant change, isolation, time spent without the people nearest and dearest to us and the realization that nothing is guaranteed.

I am inspired by our panelists and honored that they are sharing their time, wisdom and personal experiences with us. I am grateful that Kevin Hines is a survivor who has used tragedy in his life as a platform to be a suicide prevention and mental health advocate. Experience is a powerful coach.

I hope you will connect with someone you don’t know before you leave this evening and that you will remember that you are enough and on the days when you don’t believe that, that you will reach out so someone nearby can remind you and walk through the hard days with you.

To health and happiness and longevity.

Cheers!

Samantha Johnston
Publisher, The Aspen Times
General Manager, Colorado Mountain News Media

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THE LONGEVITY PROJECT PRESENTED BY

AGENDA

11:30    DOORS OPEN
12:00    LUNCH SERVED
12:15    KEYNOTE SPEAKER KEVIN HINES
Since the Golden Gate Bridge opened in 1937, thousands of people have tried to kill themselves by leaping. Only 34 have lived. Kevin Hines is one of them.

On Sept. 24, 2000, the paranoid and hallucinating 19-year-old flung himself off the bridge in a suicide attempt. He fell 220 feet straight down into the San Francisco Bay, shattering his T12, L1, and L2 vertebrae. He lacerated most of his lower organs.

“It was the first millisecond, the first moment of free fall — I knew it was the worst mistake I ever made.”

A Coast Guard boat pulled Hines from the frigid waters and brought him to Marin General Hospital. Thanks to a serendipitous, experimental surgery, the plunge into the water left almost no physical evidence on Hines’ body. He has a few scars, but otherwise his body is whole again. He now travels the world to share his story in the hopes of preventing more suicides and educating people about wellness.

In summer 2013, Kevin released his bestselling memoir titled “Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt.” His compelling story has touched diverse, global audiences within colleges and universities, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations, and various industries. Thousands have communicated to Hines that his story helped save their lives. He has reached millions with his story. In 2018, he executive produced and directed the award-winning documentary film “Suicide the Ripple Effect.” It was released worldwide and has since been seen by over 500,000 people.

Hines believes in the power of the human spirit and in the fact that you can find the ability to live mentally well. His mantra: “Life is a gift, that is why they call it the present. Cherish it always.”

#BeHereTomorrow and every day after that.
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