

## FOR IMMEDIATE RELEASE

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## Active Minds Joins Headspace and NASDAQ for Wellness Week Opening Ceremony

*Event Highlights the Importance of Mental Health Promotion and Mindfulness as We Begin 2025*

**Washington, D.C.** – Today, Active Minds, the largest nonprofit organization in the United States mobilizing youth and young adults to transform mental health norms across society, is proud to announce its participation in the 2025 Nasdaq Opening Bell Ringing Ceremony, which will launch Nasdaq's Wellness Week. The event is set to take place at the Nasdaq MarketSite in Times Square, New York, on **Monday, January 6, 2025, at 9:30 AM EST.**

As part of this significant occasion, Active Minds will join Headspace and other prominent wellness and mental health advocates to promote the importance of mental well-being. Headspace's Director of Teaching, Eve Lewis-Prieto, will guide attendees through a special meditation and breathing exercise, while Nicolette Turner, Headspace's Chief Financial Officer, will provide opening remarks. Following the ceremony, participants will gather to ring the iconic Nasdaq bell, symbolizing the collective effort to integrate wellness and mental health into the broader cultural conversation.

"We are honored to partner with Headspace and Nasdaq for this momentous occasion," said Laura Horne, **Chief Program Officer** at Active Minds. "In a fast-paced world, taking time for mindfulness is essential for mental health. This event is an opportunity to elevate the conversation around the importance of mental well-being, especially for youth and young adults, as we begin the new year."

The ceremony will be streamed live on Nasdaq.com and featured on the Nasdaq Tower in Times Square, as well as on social media platforms, including Facebook and X (formerly Twitter). A group photo session, a celebratory toast, and additional photo opportunities outside the Nasdaq Tower will follow the ceremony, providing further moments to celebrate mental health awareness.

### Event Details:

- **Date:** Monday, January 6, 2025
- **Time:** Ceremony begins at 9:20 AM EST (live-streamed starting at 9:12 AM EST)
- **Location:** Nasdaq MarketSite, 151 W 43rd St, New York, NY 10036
- **Live Streaming:** The ceremony will be streamed live on Nasdaq.com, on the Nasdaq tower in Times Square, and on social media platforms including Facebook and X (formerly Twitter).

Active Minds is committed to continuing its work in promoting mental health advocacy and education, particularly for young adults. As the organization enters 2025, it remains focused on fostering greater awareness, dialogue, and resources that support mental well-being for all.

For more information about Active Minds, please visit [activeminds.org](https://www.activeminds.org).

### **About Active Minds**

Active Minds is the largest nonprofit organization in the United States mobilizing youth and young adults to transform mental health norms across society. For over 20 years, Active Minds has equipped the next generation of peer mental health advocates through programs such as the Active Minds Chapter Network, A.S.K., and Send Silence Packing. Our advocacy, initiatives, and campaigns foster lasting change in how youth view and discuss mental health, encouraging them to use their voices to influence broader conversations and inform mental health supports within their communities. Together, we are building a diverse movement of champions committed to improving mental health for all. To learn more, visit [activeminds.org](https://www.activeminds.org).