

FOR IMMEDIATE RELEASE

August 26, 2020

Media Contact:

Leslie Isler | PAF Associate

leslie.isler@nflpa.com | 202-756-9140

The Professional Athletes Foundation's "Passport to Wellness" Goes Virtual

WASHINGTON- The Professional Athletes Foundation (PAF), the charitable arm of the NFLPA, will host its annual wellness retreat with a twist on Aug. 28-30. Built on the mantra "2020 Is Not Cancelled," this year's three-day event will be virtual, featuring access to a-la-carte live and on-demand programming created by former NFL players, among others.

"Despite the inability to gather in-person, we still wanted to create an outlet for our players to be present and focus on their well-being, especially during these times," said PAF Executive Director and former NFL player Andre Collins. Since its 2018 inception, the PAF wellness retreat has hosted former NFL players and their significant others in various cities, including Santa Barbara, New Orleans, and SoHo, to cultivate relationships and rejuvenate connections. This year's event will feature a broader audience appeal, with content and engagement opportunities tailored to players from all walks of life.

The event kicks off on Friday, with an opening session encouraging participants to BYOV (Bring Your Own Vibes) and set intentions for the weekend. The evening will conclude with a transparent interview between Collins and two-time Super Bowl champion and philanthropist Torrey Smith, who recently launched a new podcast called "Trending Thoughts with Torrey."

The retreat line-up for the remaining days will consist of a wide array of sessions led by former NFL players, including morning wellness sessions with a live balance and flow yoga class by DJ Townsel, as well as a guided meditation session centered on gratitude with Joe Hawley.

As part of the on-demand content, which will allow players to participate at their leisure, Saturday's events will include an "Elephant in the Room" theme series centered around tackling challenging topics. Marriage and family therapist Jay Barnett will moderate a panel discussion entitled "MythBusters: Men Don't Need Therapy," where former NFL players Brandon Coleman, Marcus Smith, and Joe Hawley will dialogue about debunking common misconceptions about men (particularly professional athletes) attending therapy sessions.

To close out the retreat, Sunday's programming will include "Family Meeting 101," a crash course led by George Wrihster and his spouse Danisha. Also, for the first time, a women's-only breakout session will take place in an effort to create a safe space for the significant others in players' lives.

Event attendees will be encouraged to listen to curated playlists tailored explicitly for the wellness retreat, including a Passport to Wellness soundtrack on Spotify, which is a collection of wellness podcasts and video content created by retired NFL players.

For more information, including a full schedule and resources, please visit www.pafwellnesstretreat.com.

###

About the Professional Athletes Foundation:

The Professional Athletes Foundation was founded to support, strengthen and inspire players as they transitioned from their active NFL careers. Established in 1990 as the charitable arm of the NFL Players Association, the PAF offers a range of career, health and educational resources as well as assistance through the Players Assistance Trust Fund (PAT). With more than \$26 million in financial, medical and educational assistance granted, the PAF is the leading foundation in assisting former NFL players. The foundation also provides non-profit organizations with an opportunity to make a difference through PAF charitable grants. Learn more at yourpaf.com.

About the NFL Players Association:

The National Football League Players Association is the union for professional football players in the National Football League. Established in 1956, the NFLPA has a long history of assuring proper recognition and representation of players' interests. The NFLPA has shown that it will do whatever is necessary to assure that the rights of players are protected—including ceasing to be a union, if necessary, as it did in 1989. In 1993, the NFLPA again was officially recognized as the union representing the players and negotiated a landmark Collective Bargaining Agreement with the NFL. The current CBA will govern the sport through the 2030 NFL season. Learn more at www.nflpa.com.