

FOR IMMEDIATE RELEASE

TSN's Michael Landsberg to Speak on Mental Health in Balgonie

Balgonie, December 11th— The Lincoln's Life Mattered Foundation has brought in TSN host and mental health advocate Michael Landsberg to Balgonie to present an engaging and insightful talk on mental health on Thursday, December 11, 2025.

Landsberg, known for his candid discussions on mental health and his advocacy work through initiatives like the “#SickNotWeak” movement, will share personal experiences and strategies to foster mental wellness, reduce stigma, and support those facing mental health challenges.

The presentation will take place at Balgonie Multiplex starting at 7pm, This event is open to anyone who needs to hear his message. This event is a unique opportunity for the community to hear from a respected voice in Canadian sports media and mental health advocacy.

“We are thrilled to welcome Michael Landsberg to our communities of White City, Emerald Park, Balgonie and Pilot Butte,” said Rick West, Chair of the Lincoln's Life Mattered Foundation. “His message of openness and resilience is timely and important, and we hope it will spark meaningful conversations around mental health in our community.”

Event Details:

- Date: Wednesday, December 11, 2025
- Time: 7pm
- Location: Balgonie Multiplex
- Tickets: FREE EVENT
- Registration: <https://www.zeffy.com/en-CA/ticketing/michael-lansberg-lets-talk>



For media inquiries, interviews, or more information, please contact:

Rick West

Chair, Lincoln's Life Mattered Foundation

306-530-7527

lincolnslifematteredfoundation@gmail.com