

MENTAL HEALTH FITNESS

THE NEW HOTSPOT FOR IMPROVING YOUR MIND AND BODY



BY CARLIE ADMIRE
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GROUNDING SPOT welcomes people to what it calls “the world’s first mental health fitness club.” This new concept in mental health aims to provide a safe space for people to prioritize mental and physical health.

“Whether it’s work-life stress, worry, anxiety or depression, the majority of Americans suffer daily. Our vision is simple – mainstream mental wellness. If you want to get in shape, you go to a

gym,” said Frances Borshell, Grounding Spot founder. “Where do you go if you want to feel good mentally and strengthen your mental well-being on a daily basis? Grounding Spot is the place. It’s your place to thrive.”

It opened at Coconut Point Mall in Estero just a few weeks ago.

According to Mental Health America (MHA), nearly one in five American adults will have a diagnosable mental health condition in any given year, with 46 percent of Americans meeting the criteria within their lifetime and half developing conditions by 14.

SEE **GROUNDING**, A19 ►



The club is located at Coconut Point Mall in Estero.

COURTESY PHOTO

SWFL Inc. announces its First Annual Insurance Summit

Tiffany Esposito

President & CEO, SWFL Inc.



The eagerly awaited inaugural Insurance Summit is set to take place on Tuesday, July 16, at the Caloosa Sound Convention Center. This summit stands as a symbol of knowledge and networking, offering attendees unparalleled access to insights from industry experts.

Crafted to address the dynamic landscape of insurance legislation and its impact throughout Southwest Flor-

ida, the Insurance Summit represents a convergence of innovation and strategic collaboration. Utilizing the expertise of a diverse range of speakers and panelists representing various sectors across the state, this summit ensures a rewarding experience highlighted by insightful and practical discussions.

This summit serves as a cornerstone for industry stakeholders, offering a forum for dialogue, education, and professional advancement. Committed to excellence and relevance, the summit features a diverse agenda that includes keynote presentations, interactive panel discussions, and ample networking opportunities. Attendees can look forward to in-depth explorations of

critical topics such as legislative developments, regulatory updates, and strategic imperatives, all presented by leading experts in their fields.

The Insurance Summit represents an opportunity for professionals seeking to stay ahead of the curve in property and casualty insurance to gain insights and expand their networks.

Tickets are available now at swflinc.com/2024-insurance-summit, priced at \$85 per ticket. Reserve your spot today to attend this exclusive event. For further information and to secure your attendance, please visit our website.

Partnering with SWFL Inc. at our first annual Insurance Summit allows your business to expand its reach and amplify

its message. To explore sponsorship opportunities, contact our Events and Programs Manager, Katy Johnson, at Katy@SWFLinc.com or call 239-992-2943. Spaces are limited, so be sure to register early to secure your spot.

About SWFL Inc.

SWFL Inc. is the region’s only Five-Star Accredited Chamber of Commerce serving businesses in Lee, Collier, and Charlotte counties. Its services are designed to help the Southwest Florida business community connect through networking, advertising opportunities, and educational workshops. Sign up for your free membership at <https://www.swflinc.com>. ■