



Love Without Reason LaRayia Gaston

Founder, Lunch on Me, a nonprofit bringing organic, healthy food and holistic healing to those experiencing homelessness in Los Angeles. Director of the documentary *43 Days on Skid Row*. Author, *Love Without Reason*.

Kriste Peoples

Producer, writer, speaker, and mindfulness meditation teacher.

Monday, April 19, 2021, 7:00 PM Central
www.bit.ly/GastonFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Love Without Reason* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Ms. Gaston and Ms. Peoples. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**,
in partnership with with Chiaravalle Montessori School, Christ Church Winnetka, Compass Health Center, Connections for the Homeless, Lake Bluff D65, North Shore Country Day School, Roycemore School, Sacred Heart Schools, Stevenson High School D125, and Wolcott College Prep.

This event is #freeandopentothe public and will be recorded. Suitable for youth 12+ familyactionnetwork.net

#familyactionnetwork #elevateminds #expandhearts #maketheworldabetterplace

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FOR IMMEDIATE RELEASE: LARAYIA GASTON

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Monday, April 19, 2021, 7:00-8:00 PM, Love Without Reason, a FAN webinar featuring LaRayia Gaston, in conversation with Kriste Peoples.

REGISTER: www.bit.ly/GastonFANWebinar.

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Love Without Reason* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Ms. Gaston and Ms. Peoples that will start immediately after the webinar. Details on the webinar registration page.

If the world's problems feel overwhelming and making a difference seems impossible, you're not alone. So many of us wish we could be doing something good and purposeful, but we get stuck. We think that what we do won't matter, or that we'll do it wrong, or that we don't have enough time or resources. But caring about each other is a natural instinct all humans have – what is it doing to our minds, bodies, and souls to ignore this part of humanity?

In *Love Without Reason*, **LaRayia Gaston** – activist, documentary filmmaker, and founder of the nonprofit **Lunch on Me** – offers inspiring and practical guidance for bringing kindness, generosity, and love to a world in need. She shares an inspiring and actionable guide to help us connect with our hearts, reawaken our innate desire to make a difference, and then make that difference in a way that not only helps others, but also nourishes our own joy and soul. One invaluable way is a micro-gesture – a simple, intentional act of caring for another person that can be done by anyone, anywhere, anytime. Ms. Gaston explores many micro-gestures in her book, along with profound heart work exercises, journaling prompts, and real-world practices.

Ms. Gaston's nonprofit Lunch on Me is dedicated to bringing organic, healthy food and holistic healing to those experiencing homelessness. Lunch on Me feeds and serves over 10,000 individuals and families monthly. She filmed the documentary *43 Days on Skid Row*, showing her time living with Los Angeles' skid row residents and offers up a true picture of what life is like in one of America's largest homeless communities.

Ms. Gaston will be in conversation with **Kriste Peoples**, a producer, writer, speaker and mindfulness meditation teacher. Through her work with authors and teachers in the fields of spirituality, neuroscience, and personal development, she has interviewed some of the most insightful thought leaders of our time. As a teacher of secular mindfulness and meditation, she's engaged in an ongoing exploration and practice of movement and stillness, mining the unseen, rich, and magnificently messy terrain of the human experience. Kriste thrives along the Front Range of Colorado. Denver, specifically.

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