Light Up the Egg! is a fundraising event to raise money for the American Foundation for Suicide Prevention. Hosted at the Dragon’s Egg in Ledyard CT on Friday May 20, the event featured yoga, hooping, music, dance, as well as an arts and wellness vendor fair. The event raised over $500 for the cause.

Molly Murkett Bruno became involved with the cause by signing up for The Out of the Darkness Overnight Experience, an 16-18 mile walk over the course of one night. This event is hosted by the American Foundation for Suicide Prevention. Donations benefit the American Foundation for Suicide Prevention, funding research, advocacy, survivor support, education, and awareness programs – both to prevent suicide and to assist those affected by suicide.

By signing up for the walk and fundraising, Molly found healing in both preparing for the event and training to walk long distances. She started by posting on Facebook and sending out e-mails asking for donations.

“I am combating a few of my fears: opening up to others, and sharing a very personal experience,” she wrote on her donation website. “My brother lost his struggle with depression in 2009. It came as a shock to us all. I will be turning 30 this year, the same age he was when he passed away. I would do anything to help those who have been affected by suicide, and prevent others from resorting to this choice. I welcome everyone to share their stories of depression and darkness to start their healing process and create more light for themselves and others.”

After a few weeks of fundraising through Facebook, the generosity of family and friends who supported the cause gave her confidence to take fundraising online a step further. Having been involved in organizing non-profit fundraising events such as Relay for Life, and Sails Up for Cancer, Molly began to envision an event to bring the community together and provide a celebration of life.

“By organizing this event, I had opportunities to discuss mental health with others,” Molly said. “I was able to hold space for others who were affected by suicide, as well as learning to reach out and share my own experience.”

Molly hopes that after the walk on June 4 in New York City, she will be able to start planning next year’s event. Anyone looking to help fundraise or plan can contact her at mollyheartyoga@gmail.com.