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MASK (Mothers Awareness on School-age Kids) presented its fourth annual "Moms Making a Difference" Unity Award to Sunny Wight of Mindfulness First.



MASK 2015 "Moms Making a Difference" Unity Award recipient Sunny Wight of Mindfulness First.

Ms. Wight received the award April 2 at the Unity Award luncheon held at the Fairmont Scottsdale Princess Resort.

Mindfulness First was founded in October 2013 by Sunny Wight. Having experienced incredible success in using mindfulness to heal from a debilitating physical and emotional breakdown, which began in October 2009, Ms. Wight felt passionately that mindfulness should be a part of everybody's education.

She explored different types of trainings in mindfulness, including curriculum training with Mindful Schools of California. Inspired by their groundbreaking work, Ms. Wight felt that Arizona's children could benefit from a similar organization.

Mindfulness First is an Arizona nonprofit and a sponsored project of the Technical Assistance Partnership of Arizona, providing mindfulness education to both Central and Northern Arizona. Their team of experienced instructors offer mindfulness training in schools, communities and corporations.

With over 165 attendees, the fourth annual MASK "Moms Making a Difference" Unity Award luncheon celebrated 24 inspiring women who are making a difference in the lives of children and families.

The Unity Award was created to inform the community about the many resources available, and provides an opportunity for nominees to spread the word about their passion and causes.

Founder and Publisher of MASK, Kimberly Cabral and Emcee Catherine Anaya of CBS 5 News, honored and awarded all 24 nominees.

"Although very difficult, the selection process was rewarding," said Ms. Cabral. "I was not a member of the panel of judges, however, it was exciting for me to facilitate the process and share in the excitement of the panel while they learned about the many passionate women who are doing such incredible things."

The 2014 Unity Award recipient, Lorraine Tallman of Comfycozy's for Chemo, was this year's guest speaker.

As the recipient of the 2015 Unity Award, Ms. Wight and Mindfulness First will be featured in an editorial spread in the "Moms Making a Difference" section of the summer issue of MASK The Magazine.

The second and third recipients of the Unity Award, Dr. Lisa Strohmman of The Technology Wellness Center and Krystal Koons of North Star Youth Partnership, will be featured in the fall and winter issue MASK The Magazine.

Nominations for the 2016 MASK "Moms Making a Difference" Unity Award will open in the fall. Visit maskmatters.org.

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