

2024 CHAMPION FOR CHILDREN HONOREE



Mariel Hemingway

Activist, Author, Educator and Speaker

Mariel Hemingway is considered an expert in health—both mental and physical — and is a longtime advocate of personal power, life balance, authenticity, joy and finding peace of mind through a devoted practice of healthy living. She’s both a committed teacher and student in this holistic concentration. In 2014 Mariel co-executive produced the Emmy-nominated *Running From Crazy*, a rich and evocative documentary about the Hemingway family, collaboration with Oprah Winfrey. The film premiered at the Sundance Film Festival and documents her boundless advocacy for mental health awareness, the dignity and rights of people of all circumstance and ability, and her commitment to connecting those of like mind and heart in order to optimize their lives in the best and worst of times.

Mariel is a regular keynote speaker at conferences, conventions, and on academic panels where those of like mind and heart gather to educate, engage, entertain, and to enrich each other’s experiences. She has taken her focus on mental health into the world of radio with her podcast “Out Comes the Sun.” Her most recent foray into the world of digital radio provided an opportunity for her to co-create Expansion Channel on DASH radio. She is an educator for NABA as well as One Commune. Recent health, wellness, inspirational and advocacy profiles include those in USA Today, LA Times, The Chicago Tribune, The Times of London, The Today & Dr. Oz shows, Huffington Post/AOL video sites, Vanity Fair, the New York Times, Interview, People, and USA Today Best of Magazines. In 2014, Mariel was the focus of a one-hour interview about her books with Oprah Winfrey’s on OWN’s premiere show, Super Soul Sunday.