

Introduction: **Balancing Act — the Musical**

Our speaker today has been called "a tour de force." She is a Broadway actress, author, and storyteller who has spent more than fifty years on professional stages — from *Jesus Christ Superstar* and *The Wiz* on Broadway, to theaters and speaking platforms across the United States, Canada, and Australia.

But the performance you are about to see is the most personal one she has ever given. It is the story of her own life — her struggles with bipolar mood disorder, the family dynamics, the financial hardships, the moments she wasn't sure she would make it — and the courage that brought her through.

This is not a clinical presentation. It is a musical. It is funny, and moving, and raw, and real — and it has been endorsed by mental health professionals and NAMI chapters across the country.

If you or someone you love has ever lived with mental illness, you will see yourself in this story — in the meltdowns, the music, the moments of despair, and the moments of unexpected humor. And if you haven't, you will leave here with something just as valuable: a genuine understanding of what the people you love are actually going through, and how you can show up for them.

Please welcome **Wambui Bahati** with *Balancing Act — the Musical*.