



NEW YORK STATE SENATOR

Samra G. Brouk

## Senator Brouk on Simone Biles' Decision at the Tokyo Olympics

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“I commend trailblazing athlete Simone Biles for showing the strength to prioritize her own mental health on the world stage. As the most decorated gymnast in history, we may not share Ms. Biles’ skill and capacity to execute stunning athletic feats, yet we can all relate to putting the pressures of everyday life before our own needs. As we near the end of BIPOC Mental Health Month, Ms. Biles sets a powerful example that all of us, especially fellow Black women, can follow. I encourage anyone that is struggling to not wait to seek help.”