

# WALK FOR MENTAL HEALTH

GET YOUR WALKING SHOES ON AND LET'S WALK  
TOGETHER TO RAISE AWARENESS FOR MENTAL HEALTH IN  
AIM TO ELIMINATE THE STIGMA! BRING MENTAL HEALTH  
AWARENESS SIGNS AND DON'T FORGET TO WEAR GREEN!

**MENTAL HEALTH AWARENESS WALK**  
**WEDNESDAY MAY 10, 2023**

**AT 1:30PM**

**WE WILL MEET IN RIDLEY'S PARKING LOT,  
CROSS TO WINNEMUCCA BLVD  
AND WALK TO THE COURTHOUSE.**

**PLEASE JOIN US AND HELP ELIMINATE THE STIGMA!  
EVERYONE OF ALL AGES WELCOME!  
BRING YOUR FAMILY AND FRIENDS ALONG  
TO SHARE IN THE WALK.**

**CALL PAULINE AT  
775-623-6382**

*Your  
Mind Matters*



[The page contains extremely faint and illegible text, likely due to low contrast or poor scan quality. The text is organized into several paragraphs, but the individual words and sentences cannot be discerned.]