

WALK-A-MILE

Please Join Us for a Mental Health Awareness Event To:
Reduce Stigma and Promote Strength Based Recovery!

**Further
From
Our
Past,
Closer to
Our
Future**



**Your
Mental
Health
Matters-
Make it a
Priority !**

In the United States 1 in 5 Adults Experience a Mental Illness Every Year

(www.mentalhealthfirstaid.org). Let's Start Talking to Break Down Stigma!

WHEN: Thursday June 13, 2024

TIME: 11:00-1:30

WHERE: Big Rapids Bandshell

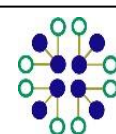
SHORT PRESENTATION: 11:15-11:45

Walk Begins at 11:45

FREE LUNCH SERVED AT 12:30



STRENGTH • GROWTH • RECOVERY



**Community
Mental Health**
FOR CENTRAL MICHIGAN