



“AWE” WALK FOR MENTAL HEALTH

AUGUST 31, 2024

Put your phones away. Grab a friend or family member. Be fully present for a nature walk to appreciate the beauty all around you!

\$10/family OR \$5/individual

Food & drink will be provided, courtesy of St. Clair Health.



St. Clair Health



10am - Welcome
10:20am - Walk
11:30am - Mindful moment

Bird Park

Come dressed for the weather - event is rain or shine!

TO REGISTER OR MAKE A DONATION:



<https://outreachteen.org/events/>

QUESTIONS? mzangara@outreachteen.org