

Fairfield County Walks for Mental Health

www.HealthyMindsCT.org

#FFldCtyWalks4MH

Saturday, May 5, 2018 ■ 10:30am-12:30pm

Town Green*, Norwalk, CT *intersection of East Avenue & Park Street



Join us, RAIN OR SHINE, to raise awareness about mental health! All interested individuals and groups are welcome. Wear a t-shirt representing your group! Free purple bandannas will be distributed to all.

Sign-in from 10:30am. Program starts at 11am.

**RSVPs encouraged to
info@healthymindsct.org. Tell
us how many in your group!**

*Featuring kickoff speakers, a fun & easy
walk, and activities such as laughter yoga, a
labyrinth and an intentions board.*

Sorry - no dogs!

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