MENTAL HEALTH & ALCOHOL AWARENESS WALK/RUN

FREE EVENT - GIVEAWAYS - POST RACE SNACKS - INFORMATION BOOTHS

RUN & WALK
1 MILE-5K-10K
FRIDAY, APRIL 30TH
STARTS @ SAYLOR BUILDING

REGISTRATION BEGINS 11AM
RACE BEGINS 12PM

RUN OR WALK AND BRING AWARENESS TO AN IMPORTANT CAUSE
April is Mental Health and Alcohol Awareness Month. Two very important topics that impact our community. No one should feel alone or without the information, support and help that they need. Now more than ever we have to find ways to stay connected with our community. Feel free to make a sign, bring your friends and family and join us in bringing awareness and ending the stigma without shame and judgement.

THIS EVENT IS BROUGHT TO YOU BY CCC, BHU & Haudenosaunee Women's Group

FOR MORE INFO CONTACT JOSILYN:
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