



Walk a Mile in my Shoes

WALK FOR MENTAL HEALTH

Get your walking shoes on and let's walk together to raise awareness for mental health in aim to help reduce stigma and accept diversity.

MENTAL HEALTH AWARENESS WALK

Commonwealth Reserve Williamstown
Sunday 13th October 2019, 9am–12pm

Wear something **GREEN** in honour of those suffering mental health related illnesses.

Everyone of all ages welcome. Bring your family and friends along to share in a walk, sausage sizzle, live performances, mental health info stalls, raffle with health and wellbeing prizes to be won, kids football clinic and jumping castle.

See our Facebook page for more information
facebook.com/walkamileinmyshoeswilliamstown

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 **#WAMIMS**