

**For Immediate Release**

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**Annual Mental Health Awareness Walk to be Held on May 19**

**Punta Gorda, FL (May 3, 2018)** – When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

To draw attention to the issue, Charlotte Behavioral Health Care (CBHC) will lead a Mental Health Awareness Walk. The walk, which was attended by more than 200 people last year, draws support from many individuals living with mental illness, as well as their friends and families.

The public is invited to join us on Saturday, May 19<sup>th</sup> at 9:00 a.m. The event kicks off at the pavilions at Laishley Park. There will be a brief program where community members share their inspiring stories. Then, we'll embark on a scenic 1 mile walk through our beautiful Harbor Walk in effort to raise awareness for mental health. Guests are encouraged to bring lawn chairs. This is a pet-friendly/kid-friendly event. No registration necessary.

The theme of this year's walk is *Smash the Stigma*, and also looks at the importance of overall health to mental health. Our community's leading partners in mental health will be there with information tables. Enjoy music by Music by Tiki Tom & LA Daniels. FREE T-shirts to first 100 walkers. FREE refreshments & snacks. Also enjoy honor beads, painting Rocking Punta Gorda #AntiStigma rocks, a prize raffle, and more!

"It is important to really look at your overall health, both physically and mentally, to achieve wellness," said Kelly Pomerville, Charlotte Behavioral Health Care's (CBHC) Director of Marketing & PR. "Getting the appropriate amount of exercise, eating healthy foods that can impact your gut health, getting enough sleep and reducing stress – it's all about finding the right balance to benefit both the mind and body."

For more information or to reserve a provider table please contact Pomerville at [kpomerville@cbhcf.org](mailto:kpomerville@cbhcf.org) or 941.639.8300 ext. 2275.

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