



For Immediate Release

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Annual Mental Health Awareness Walk to be Held on May 7

PUNTA GORDA, FL (April 26, 2022) – The last couple of years have been challenging to say the least. After two years of pandemic living, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being. This year, the theme of our walk is “Back to Basics.” Because no matter how heavy and hard the world feels – and maybe especially because the world feels quite challenging right now – focusing on our mental health must remain a priority.

The public is invited to join us on Saturday, May 7st at 9:00 a.m. on Gilchrist Park’s great lawn for our annual Mental Health Awareness Walk. There will be a brief program where community members share their inspiring stories. Our community’s leading partners in mental health will be there with information tables. There will be free mental health screenings, and free Narcan available to anyone who asks. Enjoy music, free T-shirts to first 100 walkers, and free refreshments & snacks.

After the brief presentation, we will embark on a scenic 1/4 mile walk along 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.

“Our goal is to provide foundational knowledge about mental health & mental health conditions along with information about what resources are available in our community,” said Kelly Pomerville, CBHC director of marketing and public relations.

For more information or to reserve a provider table please contact Pomerville at kpomerville@cbhcf.org or 941.639.8300 ext. 2275.

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