



**Join us for a**

# **MENTAL HEALTH AWARENESS WALK**

**Saturday, May 20, 2023  
9 - 11 a.m.**

**@**

**Laishley Park, Punta Gorda**

After several years of pandemic living and making it through a catastrophic event like Ian, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being. Make sure you visit our community resource tables to learn more about the resources available to you in Charlotte County. Plus, use this walk as an opportunity to take a nice walk and connect with nature.

There will be a brief program where community members share their inspiring stories of recovery from mental health issues. Then, we'll embark on a scenic 1/4 mile walk around our beautiful Harbor Walk in effort to raise awareness for mental health.

**FREE T-shirts to first 100 walkers • FREE refreshments & snacks • Community information tables  
FREE Mental Health Screening • FREE Narcan • Honor Beads**

*Guests are encouraged to bring lawn chairs*  
**No registration necessary; we hope to see you there!**  
**Bring your whole family!**

**Be a LIFESAVER**  
**FREE Narcan<sup>®</sup> distribution event!**

[www.cbhcfl.org](http://www.cbhcfl.org)