



mental health  
**WARRIOR**

**MENTAL HEALTH  
AWARENESS WALK**

**Saturday, May 18, 2024**

**9 - 10:30 a.m.**

**@**

**Laishley Park, Punta Gorda**

**FREE** t-shirts to first 100 walkers. **FREE** refreshments.  
**FREE** Narcan. **FREE** honor beads.  
**FREE** mental health screening.

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 event as an opportunity to talk 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.

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

