



Small Steps

HUGE STRIDES May 25, 2022 | **NOON**

Please join us for a walk!

Walk for Hope. Let's make sure no one suffers in silence.

It's a short walk, but walking increases your heartbeat, produces endorphins making you feel good. We know the past couple of years have been challenging for everyone, but YOU can make a difference by joining us to stamp out stigma during Mental Health Awareness month!

Help us on our mission to equip individuals with the knowledge to recognize, understand, accept, and take action when it comes to mental health. It's a movement, and it's our moment!

Walk begins at noon | Meet at the North Oakland Health Center | NE side of building

Join

Executive Dave Coulter and other county leaders for a short walk around the Courthouse.



▶▶▶ All ways, MOVING FORWARD