



Walk a Mile in my Shoes

# WALK FOR MENTAL HEALTH

Get your walking shoes on and let's walk together to raise awareness for mental health in aim to help reduce stigma and accept diversity.

## MENTAL HEALTH AWARENESS WALK

Commonwealth Reserve Williamstown

Sunday 14<sup>th</sup> October 2018, 9am–12pm

Wear something **GREEN** in honour of those suffering mental health related illnesses.

Everyone of all ages welcome. Bring your family and friends along to share in a walk, sausage sizzle, live performances, mental health info stalls, raffle with health and wellbeing prizes to be won, kids football clinic and jumping castle.

See our Facebook page for more information  
[facebook.com/walkamileinmyshoeswilliamstown](https://facebook.com/walkamileinmyshoeswilliamstown)

 **#WAMIMS**

