



May is Mental Health Awareness Month



WALK WITH FAMILY!

Walk with friends!

Raise Awareness!!

Reduce Stigma!!



May 14-31st

Make taking care of your mental health a habit!

5 walks of 20 minutes (or more!)
This represents the 1 out of every 5 people who lives with a mental health condition.

After you have finished your 5 walks swing by Coconino County Health & Human Services 467 Vista Ave in Page to pick up your FREE tshirt or backpack!

Scan QR code or register here: <https://forms.office.com/r/eGb8qmbb1N>



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