



**Canadian Mental
Health Association**
New Brunswick
Mental health for all

**Association canadienne
pour la santé mentale**
Nouveau-Brunswick
La santé mentale pour tous

LET'S WALK FOR SELF CARE

INTERNATIONAL SELF CARE DAY IS JULY 24!



*Wednesday, July 24
12:00 p.m. – 1:00 p.m.
RAIN OR SHINE
Deer Island Health Center
999 Rte 772, Fairhaven*

**FREE EVENT - NO REGISTRATION NEEDED
ALL WALKERS WILL RECEIVE A FREE BATH BOMB**

For more information, please contact:

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