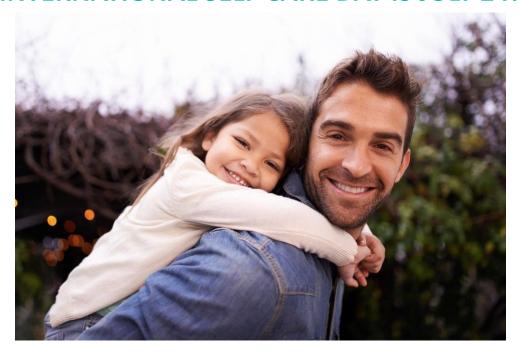


Association canadienne pour la santé mentale Nouveau-Brunswick La santé mentale pour tous

## LET'S WALK FOR SELF CARE

## **INTERNATIONAL SELF CARE DAY IS JULY 24!**



Wednesday, July 24
12:00 p.m. – 1:00 p.m.
(meet in parking lot behind building at 11:45 a.m.)
RAIN OR SHINE
Addictions & Mental Health/Public Health office
5 Riverview Avenue, St. George

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

For more information, please contact:

Lisa Cheney

506-755-4060 or lisa.cheney@gnb.ca