



**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.

(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:

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