



Join us for music, mindfulness, massage, healthy eats, and photo booth fun. Visit with community partners offering wellness information and resources.



MENTAL HEALTH AWARENESS MONTH

SATURDAY, MAY 8, 2021 - 10 AM - 2 PM

10:00 AM - 5K Registration

10:00 AM - Yoga in the park

11:00 AM - 5K Walk

12:00 PM - 2:00 PM Mental Health
Community Presentation and Resource Fair

1:15 PM - Guest Speakers

**COUNTY-WIDE EVENT
FREE ADMISSION!!!**

**LOCATION: PRINCE WILLIAM
FOREST PARK, PINE GROVE
PICNIC AREA**



**FOR MORE INFORMATION AND REGISTRATION:
[HTTPS://TINYURL.COM/PWC5KMH](https://tinyurl.com/pwc5kmh)**