

**Register NOW
for the
Prince William
County
5K Walk**



**for Mental Health
Awareness
Saturday
May 18, 2024**

10:00 AM - 2:00 PM

Walk to bring attention
to this mental health crisis in our
communities



PRINCE WILLIAM COUNTY ANNUAL 5K WALK



FOR MENTAL HEALTH AWARENESS MONTH

ASKING FOR
**HELP
IS OK**

COME MOVE WITH US FOR MENTAL HEALTH AWARENESS!

MOVEMENT: MOVING MORE FOR YOUR MENTAL HEALTH!

Our Generous Sponsors:

Boys & Girls Club
Mike Garcia Construction Inc.
Potomac Health Foundation
Jabs Construction Inc.

THEME FOR 2024

Locust Shade Park
4701 Locust Shade Drive
Triangle, Virginia 22172

**Mental
health
matters**

For questions send email to: potomacdistrict@pwcgov.org