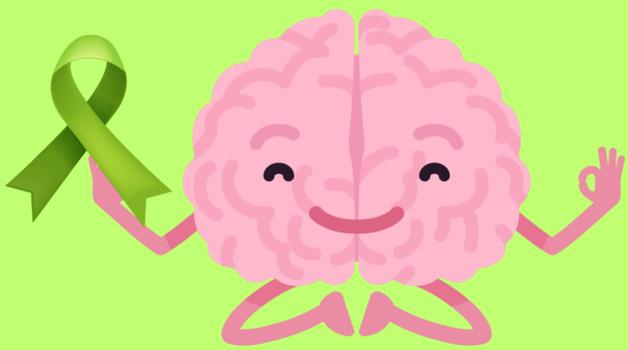


DISCOVER WELLNESS WALK



MAY 18, 2024
10:00 am- 12:00 PM
Cathedral Square Park

Join us for this FREE event for ALL!



Learn coping skills!

Free resources!

Activity stations!

FREE MINDFUL MOVEMENT CLASS @ 11:00 AM

In honor of Mental Health Awareness month, Community Advocates and RISE MKE invites community members for a walk in the park and to interact with 7 different stations with mental wellness activities and free mental health resources from partnering organizations.

Each attendee will automatically receive an entry to a raffle prize!

No registration is required. This is a family friendly event.

