

It's Coming!

Walk for Mental Wellness

**Saturday,
May 30th**

**Hurkamp Park
Downtown Fredericksburg**

9:00 am Registration
9:30 am Warm-Up
10:00 am Walk begins

It's more than a Walk!
Enjoy family fun, food, music & prizes!

**Free Commemorative t-shirts to
walkers who raise \$100 or more!**

Walk t-shirts are chosen from designs created by patients during art therapy groups at Snowden. Each year's design is a unique work of art, designed specifically for this event and available only through MHAF.

**Register online at www.mhafred.org/walk2009
or call Mental Health America at 540-371-2704**

Proceeds benefit the free programs and services of
Mental Health America of Fredericksburg

