

ACBH 2nd Annual May is Mental Health Matters Month Awareness Walk **Wed., May 29 from 12 to 1 p.m.**

NOTICE:

Participation in the walk is a voluntary, off-duty, recreational activity and is not part of an employee's work-related duties. The County is not responsible for loss. Please walk safely and maintain awareness. Thank you!

Wear your lime green gear!

Gather at the start/finish line at the "Sea life mural" on the painted storage container in the Embarcadero Cove Parking Lot (between 1900 & 2000 building) at 12:00 p.m.

The walk will commence promptly at 12:05 p.m., heading toward the 1900 building. The marked route is flat and you can walk at your own pace.

The walk will conclude at the finish line no later than 1:00 p.m.

Participants will gather at the finish line where you can snap photos and share with out with the group why Mental Health matters to you.

See you there!

(SEE REVERSE FOR ROUTE MAP)

