

Walk a Mile in my Shoes

WALK FOR MENTAL HEALTH

Get your walking shoes on and let's walk together to raise awareness for mental health in aim to help reduce stigma and accept diversity.

MENTAL HEALTH AWARENESS WALK

Commonwealth Reserve Williamstown

Sunday 23th October 2022, 9am–12pm

Wear something **GREEN** in honour of those experiencing mental health related illnesses.

Everyone of all ages welcome!! Bring your family and friends along to share in a walk, enjoy food, drinks and information stalls, live performances, and a raffle with a variety of great prizes to be won, such as wellbeing vouchers and accommodation stays. Entertainment for the kids also, including sport activities and jumping castle.

See our Facebook page for more information
facebook.com/walkamileinmyshoeswilliamstown

 **#WAMIMS**



KEY TIMINGS

- | | |
|-------------|--|
| 9.00-10.00 | Arrival, Collect Showbags, Speeches
Yoga and physical exercise warm up |
| 10.00-10.45 | Walk a Mile in My shoes
1 Mile walk along the strand each way
(3.4km return) |
| 10.45-12.00 | Entertainment, Bands, Raffle |

This project is supported by Hobsons Bay Council Events

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