

WELLNESS WALK



Join us for the Gratiot Integrated Health Network Wellness Walk! Advocate and walk to find out why Mental Health Services are important for you and our community!

- As you walk this 1.25 mile long trail, you will learn information on why Mental Health and Wellness is so important to you and your family.
- Bring your family along for an informative scavenger hunt along the way.
- Use this opportunity to take a nice walk and connect with nature.
- Make sure you stop at the resource booths at the start of the trail to learn more about resources available to you in Gratiot County.
- Free T-shirts will be available while supplies last.

608 Wright Ave. Alma MI 48801

3PM - 6PM | MAY 26th

**FOR MORE INFORMATION:
WWW.GIHN-MI.ORG**