

# #TakeAStep



During **#mentalHEALTH awareness month**, join us to **spread awareness**, educate others about warning signs and resources, and **eliminate the stigma** from asking for help.

*Swap out your laces  
for a green pair!*

Suggested donation \$5

**TO PARTICIPATE, CONTACT:**



NORTHERN  
**RIVERS**

PROCEEDS WILL BENEFIT NORTHERN RIVERS'  
NEW BEHAVIORAL HEALTH CARE CENTER.