

#TakeAStep



No sneakers, no problem.

BE CREATIVE WITH YOUR PAIR OF GREEN SHOE LACES
AND SHOW YOUR SUPPORT **#mentalHEALTH awareness**



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



NORTHERN
RIVERS

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

Sign up at www.northernrivers.org/TakeAStep