

LAKE RUN & WALK



FOR MENTAL HEALTH AWARENESS
HOSTED BY UNSPOKEN TRUTH

SAT., OCTOBER 14, 2023

1:00 - 6:00 PM

CHAUTAUQUA PARK
418 LAKE AVENUE, WORTHINGTON, MN

**COME JOIN THE COMMUNITY TO SUPPORT MENTAL HEALTH
AND SHOW PEOPLE THAT *they are not alone.***

**FOOD, DRINKS,
SPEAKERS,
AND MORE**

**ACCEPTING
DONATIONS***

***DONATIONS WILL GO
TOWARDS RESOURCES
WITHIN OUR
COMMUNITY AND
MENTAL HEALTH
ORGANIZATIONS.**

**INCLUDING:
SOUTHWEST INITIATIVE FOUNDATION,
VA COALITION, CELEBRATE RECOVERY,
STIGMA FREE CAMPAIGN -
JACKSON/COTTONWOOD COUNTY,
THE CREATIVE HEALING SPACE, AND
SOUTHWEST CRISIS CENTER**

Thank you to our Sponsors:

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HYVEE | PIZZA RANCH | KEITH MERRICK CO.
WORTHINGTON POLICE DEPT. | J&H SCREEN PRINTING
NOBLES COUNTY SHERIFF'S DEPT.**



REGISTER HERE

**SCAN THE QR CODE TO REGISTER AND SELECT
T-SHIRT SIZE. (SELECT PICK-UP FOR SHIRTS - THEY
WILL NOT BE MAILED, BUT HANDED OUT AT THE EVENT)**

**FOR MORE INFORMATION CONTACT
MARK AT (507)-227-6032**