

# Mental Health Week 2022

# Friday, May 6



## "Move for Mental Health"

*Hosted by CMHA North Bay and District*

Get ready to walk, run, jog, ride or roll for Mental Health  
5-km and 2.5-km routes

**10 a.m. to 12 p.m.**

**Starting point:** A.C.T. Picnic Shelter  
(Marathon Beach)

## FREE Community BBQ

*Hosted by Community Counselling Centre of Nipissing*

**12 to 2 p.m.** (first come, first served)

**A.C.T. Picnic Shelter**  
(Marathon Beach)

*Live music by Jon Collins & Gavin Park*

