

Mental Health 
Awareness Month

FREE!

2023 CORTLAND COUNTY MENTAL HEALTH AWARENESS WALK



May 4th, 2023



YMCA

**22 Tompkins St,
Cortland, NY 13045**

Register Here



Use QR code or
the link above.

Order of Events

Yoga 11:00am -
11:45am

Tabling 11:30am -
1:30pm

Want to table at this event?
Email: sguler@cortland-co.org

**Guest
Speakers** 12:00pm

Walk Immediately
following guest
speakers.

☐ **First 200 people will receive T-Shirts!**

Donated by generous Community Partners
and SUNY Cortland student Groups.

☐ **Walk route will be short and accommodate
all abilities.**