

MENTAL HEALTH MONTH COLOR WALK

Saturday, May 22, 2021 10am-2pm
Eastside Park fitness trail in Omak



**FREE
HOT
DOGS!**

Mental health is for everyone!

Exercise is one of the best things you can do to support mental wellness, so break out into spring and join us for a free. Fun, family-oriented, SOCIALLY-DISTANCED walk to celebrate Mental Health Month.

Informational booths and giveaways!

NO REGISTRATION REQUIRED


(Masks are required)



**SIDEWALK
CHALK DRAWING**

Socially-distanced staggered start times:

10:15-10:45	Immunocompromised (color-free)
11:00-11:30	Family groups COLOR WALK*
11:45-12:15	Individuals/other groups (color-free)
12:30-1:00	Family groups (color-free)
1:15-1:45	Individuals/other groups COLOR WALK*



***COLOR WALK** participants are doused with non-toxic, brightly-colored powders—we recommend something white that you don't mind getting stained so you can show your colors!

Presented by Okanogan Behavioral HealthCare in collaboration with FYRE and the Confederated Tribes of the Colville Reservation Youth Development Program.