

# JOIN US IN MENTAL HEALTH AWARENESS WALKATHON 2019



**Sunday, July 21<sup>st</sup>, 2019 starting at 7:30 am**  
**Herrick Lake Forest Preserve, Wheaton, IL 60189**  
**(Use Butterfield Road Entrance to East Pavilion)**  
**Onsite registration begins at 7:00 am**

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*Focusing on*  
*'Communication Between Parents and the Next Generation'*  
*Presentation and discussion starting at 10:30*

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Facilitated by *Self Improvement Through Awareness pc (SITA)*