

# Walk for Children's Mental Health!

A photograph of a person's hands holding a white, torn-edged sign. The person's face is blurred in the background. The sign has the text "Step up against the stigma!" written on it in bold black letters.

**Step up against  
the stigma!**

**Join us on a 3-5 km walk/fun run**

**Sunday, May 3rd, 2015**

**8:30 am - 12:00 pm**

**Lutherwood Children's Mental Health Centre  
285 Benjamin Rd. Waterloo**

Follow us on Twitter  
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#stepsforkids

**500 people,  
walking 5,000 steps each  
to raise \$100,000 for children  
struggling with mental health issues.**

**Fun for all**  
Dogs welcomed

Presented by:



Register and donate at  
[www.lutherwoodstepsforkids.ca](http://www.lutherwoodstepsforkids.ca)



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