



Bring **MENTAL HEALTH** into the **OPEN**

Hike Don't Hide

June 7, 2020 • 9:00 AM - 12:00 PM

EXPLOITS NORDIC SKI CLUB

35 Scott Avenue, Grand Falls-Windsor, NL

GFW is mixing things up and turning 'Ride Don't Hide' into HIKE DON'T HIDE!
Join CMHA-NL for our all-new community hike and walk in support of mental health.

Choose your route, register yourself or a team, and
help bring mental health into the open!

cmhanl.info/HikeDontHide2020

Walk. Hike. Donate.
June 7, 2020



Canadian Mental
Health Association
Newfoundland & Labrador
Mental health for all