

**REGISTER  
TODAY!**



## **MENTAL HEALTH MOVEMENT**



**2K|5K|10K**

**RUN-WALK**

*STARTS AT COMMUNITY MENTAL HEALTH*

*400 JOHNSON ST, ALPENA, MI*

**SATURDAY, MAY 16 AT 8:30 AM**

*OPEN TO EVERYONE! RUN OR WALK ONE OF OUR BEAUTIFUL RIVER  
ROUTES WITH FRIENDS, FAMILY, AND NEIGHBORS!*

**REGISTER (\$20) BY APRIL 28 & GET A T-SHIRT!**

**FOR MORE INFORMATION:**

**989.358.7626**

**nemcmh.org**

**REGISTER HERE:**



**REGISTRATION  
CLOSES  
MAY 14**