



# London 5<sup>th</sup> Annual

## Walk & Talk for Mental Health



**JOIN US, TOGETHER WE CAN #DEFEATDEPRESSION!**

### March 30, 2019

### Registration: 9 am - Start time: 10 am

### Victoria Park, London

Help us raise funds to support mental health and de-stigmatize mental illness. To register, donate, or for more information go to:

[London.DefeatDepression.ca](http://London.DefeatDepression.ca)

Proceeds from this event support:

**FAMILY SERVICE**  
THAMES VALLEY  
**Quick Access Mental Health Walk-in Clinic**

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[www.defeatdepression.ca](http://www.defeatdepression.ca)

**Mood Disorders Society of Canada**  
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\*Details at [defeatdepression.ca](http://defeatdepression.ca)

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