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NorWALK for Mental Health: Walk + Wellness Fair



Saturday, May 3rd | Raindate May 17th

- **9am-11am - Wellness Fair** (DJ, art, bounce house, food trucks, and 50 organizations providing activities, mental health & substance use information & resources, coping skills)
- **11am - Laughter Yoga, Speakers, School Prizes**
- **11:30am - Awareness Walk** (wheelchair accessible)

TheNorwalkPartnership.org/walk



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Norwalk ACTS

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Triangle Community Center



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NorWALK por la Salud Mental: Caminata y Feria del bienestar



Sábado 3 de mayo | 17 de mayo (en caso de lluvia)

- **9:00AM a 11:00AM - Feria de bienestar** (DJ, arte, castillo inflable, camiones de comida y 50 organizaciones que ofrecen actividades, información y recursos sobre salud mental y uso de sustancias, y estrategias de afrontamiento)
- **11:00AM - Yoga de la risa, oradores, premios escolares**
- **11:30AM - Caminata de concientización** (accesible para sillas de ruedas)

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NorWALK pou Sante Mantal: Mache + Fwa Byennèt



Samdi 3 me | Dat lapli 17 me

- 9am-11am - Fwa Byennèt (DJ, atizay, bounce house, kamyon manje, ak 50 òganizasyon ki bay aktivite, enfòmasyon ak resous sou sante mantal ak itilizasyon sibstans, ladrès pou siviv)
- 11am - Yoga ri, oratè, prim lekòl yo
- 11:30am - Mache Konsyantizasyon (aksesib pou chèz woulant)

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