



# Coming together for mental health.

**Join us June 8, 2025,**

as we walk, run or roll in support of mental health resources  
at **St. Joseph's Healthcare Hamilton** in partnership  
with **Shoppers Foundation for Women's Health™**.



Sign up to join our team at  
**[runforwomen.ca](https://runforwomen.ca)**

St. Joseph's  
Healthcare Hamilton  
FOUNDATION



Fundraising Goal:

Team Name:

Team Captain:

Contact: