



# Coming together for mental health.

Join us June 8, 2025,  
as we walk, run or roll in support of mental health  
resources at CMHA Manitoba and Winnipeg in partnership  
with Shoppers Foundation for Women’s Health™.



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



Fundraising Goal:  
  
Team Name:  
  
Team Captain:  
  
Contact: