



# JOURNEY

Coming together for  
**mental health.**



Sign up to walk, run or roll at  
[runforwomen.ca](https://runforwomen.ca)

Mental Health. The only way there **is together.**

**JUNE 17, 2023**  
Confederation Park

In support of  
St. Joseph's  
Healthcare & Hamilton  
FOUNDATION

**SHOPPERS**   
DRUG MART

**run for**  
**wo**  **en**