

## **Coming together for** mental health.

## Join us May 11, 2024,

as we walk, run or roll at the Shoppers Drug Mart<sup>®</sup> Run for Women in support of mental health resources at CMHA Waterloo Wellington in partnership with Shoppers Foundation for Women's Health™.



Sign up to walk, run or roll at runforwomen.ca

Scan me to sign up





**Canadian Mental Health Association** Waterloo Wellington





Title Sponsor:









\* ©/™ Trademarks of 911979 Alberta Ltd. Used under license. © 2024 Shoppers Drug Mart Inc. \*\* ©Trademark of Loblaws Inc. © 2024 Loblaws Inc.