

# STEP UP TO SUICIDE AWARENESS AND PREVENTION

## BE THE DIFFERENCE.

Middletown Community Walk:

**Sunday, May 21, 2023 starting at 9am**

Begins at the Middletown Arts Center



**How:** With the support of Middletown Township, we will walk to raise funds that will be donated to the Americas Foundation For Suicide Prevention.

**Why:** As a community, it is time to make a change. The goal of this walk is to acknowledge the stigma associated with mental health and express how important mental health is by bringing the community together in a supportive way.