



Suicide Prevention Awareness

Walk/Run



Come out and help us raise awareness by walking for a cause!!

When: September 12, 2018

Time: 9AM – 11AM

Start & End: Pueblo Pintado Chapter House

Walk Route: JustMovelt Trail Located across the Chapter House



Walk/Run is 2 miles (optional 1 mile)

Attire: Yellow Tee-Shirts (if possible)

Wear comfortable shoes

Always stay hydrated

Take caution when crossing the road

Informational Booths welcome (no registration required).

FOR MORE INFORMATION, CONTACT:

Terilyn Yazzie, Prevention Specialist

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Sign-In Sheet will be available for participation



Suicide Prevention Awareness Fun Walk/Run



Pueblo Pintado Chapter House
September 12, 2018
Time: 9:00am – 11:00am



AGENDA

- | | |
|---------|---------------------------------------------------------------------------------------|
| 9:00AM | WELCOME ADDRESS, INTRODUCTIONS & BOOTH SET-UPS |
| 9:10AM | PRAYER |
| 9:15AM | PRESENTATION: DBMHS, PREVENTION SPECIALIST |
| 9:45AM | WARM-UP STRETCH |
| 10:00AM | COURSE OVERVIEW (LOCATION OF TWO WATER STATIONS & TURN AROUND POINT AT 1 MILE MARKER) |
| 10:05AM | FUN 1 OR 2 MILE WALK/RUN |
| 10:45AM | INCENTIVES & SNACKS |
| 11:00AM | CLOSING PRAYER |

Thank you for your participation

