



A Madison-wide

embrace of wellness, mental health and self-care to increase relationship and reduce loneliness and the stigma and depression that can result from it.

HOW ARE WE STARTING?

Meet in front of Hartley-Dodge at 11:30am on October 23rd for the kickoff. From 12 noon to 3:00pm explore, throughout the downtown area, numerous wellness vendors, businesses, exercises and professionals. Also enjoy food trucks and live music.

THIS IS JUST THE BEGINNING!

The Madison Walk of Wellness is an on-going effort to build relationships, respect the dignity of difference and be grateful that together Madison can be enriched for all

HOW CAN YOU GET INVOLVED?

MAKE A DONATION:

Donations will support Project Community Pride and can be made at: <http://www.madisonareaymca.org/WalkofWellness>. Project Community Pride is a no-fee youth counseling and support program for children, teens and families who are struggling with social, emotional and/or behavioral issues.

BE A SPONSOR:

Sponsorships to support the Madison Walk of Wellness can be made to Madison Main Street Foundation, a 501c3 organization (Tax ID 274986958), at PO Box 364, Madison, NJ 07940. Sponsorship will cover the cost of the event and will be recognized in event promotion.