

April 12, 2023

Dear Principal:

**RE: Paths to Potential Walk & Run  
EVENT DATE – May 13, 2023**

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Please join us for our 2<sup>nd</sup> Annual “Wellness Walk & Run” on Saturday, May 13<sup>th</sup>, 2023 at 9:00 a.m., St. Vital Park, located at 190 River Road, Winnipeg. Virgin Radio’s Ace Burpee will be hosting the event, which will feature a 2.5, 5 and 10 kilometer run or walk and has been sanctioned by the Manitoba Runners Association and sponsored by Access Storage, Réseau Compassion Network and The Running Room.

There are numerous prizes that have been donated, including a laptop and event tickets for the individual who raises the most money for Sara Riel. There are many great prizes which can be viewed on our website by scanning the QR code below.

Sara Riel is a community-based mental health organization, who has been serving individuals with mental health and addictions challenges for over 46 years. We engage people in Employment Services, Mental Health Counselling, Peer Support, Education, Supportive Housing, Community Mentorship and Respite. Since the pandemic, our services are in high demand and we are in need of raising funds to support the growing number of individuals requiring our services.

May is Mental Health Awareness Month! This event would be an excellent opportunity for your students/classrooms to bring attention to mental health awareness in their communities and take part in a physical activity event... possibly even have some friendly competitions between classrooms. The QR code below provides details for registration.

We look forward to seeing our community come out in support of Mental Health Awareness.

Sincerely,



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