

WALK A MILE FOR MENTAL HEALTH



1 in 3 people in the Highlands will experience mental ill health at some stage in their lives.

Join us for the 3rd year in walking a mile through Inverness city centre to promote mental wellbeing and challenge mental health stigma. Led by Northern Constabulary Community Pipe Band, this event is family friendly and open to participants of all ages.

Check www.birchwoodhighland.org.uk for more details.

Saturday 26th May, 11:00am

Commencing at:
Fishermen's Car Park
Bught Road, Inverness

Organised by

**Birchwood
Highland**
Independence
Inclusion
Recovery

