

**Taking Steps to Stop the Silence**

**www.EWSNetwork.com**

**Did you know that  
1 out of 5 Canadians will experience a mental illness in their lifetime (CMHA)?**

Are you up for a challenge? Join SOS and EWSNetwork in Taking Steps to Stop the Silence Campaign. How many steps can you accumulate in the months of May and June? The more steps you take, the more chances you have of winning a prize at the end of the challenge!

* **Walk 5000 steps or walk for 30 min**
* **Retrieve a footprint and write your name on the back**
* **Post it on the wall underneath “Taking Steps to Stop the Silence”**

**It’s that simple!**





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